

FAMILY MEALS
AND HOSPITALITY



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INTRODUCTION

It has been my privilege to work with the Educational Department of The Macmillan Company in planning and choosing the authors for a series of textbooks for home economics education. Experiences and subject matter basic in this program have been grouped in four major areas to be published in separate books each dealing comprehensively with an area as follows: (1) personality development and family relationships, child development and guidance, family-community relationships; (2) housing; selection, arrangement, and utilization of home equipment and furnishing; managerial aspects of homemaking; (3) food selection, preparation, and services; (4) clothing selection, construction, and use. In addition there will be a fifth book introducing the whole field.

In each area students are encouraged (1) to learn and apply pertinent facts and concepts, (2) to make decisions and choices in the light of values that are important for personal and family well-being, (3) to learn to work competently in homes through developing essential homemaking skills, (4) to make long-time plans for personal and family living based on understanding of what life can become if the resources now available are used effectively.

Family Meals and Hospitality is planned to encourage young people to acquire the homemaking skills of planning, preparing, and serving meals. Because food represents such a high percentage of the family budget, as well as of the homemaker's time, these are important skills; and because well prepared, nutritious meals, attractively served, have a definite relation to the health and well-being of a family, they are basic skills.

The authors, themselves homemakers and teachers with long experience in high schools and colleges, bring to their book more than an understanding of the fundamentals of meal planning and preparation. They also lead the student further to appreciate the creative quality of cooking and to take pride in serving tempting and enjoyable meals in an atmosphere of gracious hospitality.

Drawing on their teaching experience, the authors present the essential principles of nutrition, without which no well-balanced meal can be planned. Management of time, materials, and equipment is emphasized, with stress on the advantages enjoyed by well-informed consumers. These essential principles once mastered, students can vary recipes and abridge procedures to fit their own needs and tastes. By the exercise of intelligence and good taste in food selection, careful planning in preparation, and graciousness in serving, the homemaker can make mealtimes relaxing and pleasurable for everyone.

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Never losing sight of their goal of highest quality, the authors are realistic about budgets. Not only do they give economical recipes. They also help the student to develop a point of view calling for constant comparision of values which may change from day to day and for the acceptance of new developments.

Family Meals and Hospitality points the way for the student, without sacrificing quality, to achieve fine cookery and still have time for the additional responsibilities of a homemaker. Cooking, as taught in this book, is not an isolated art, but an important and rewarding part of family living.

DORA S. LEWIS

PREFACE

Family Meals and Hospitality is designed to help young people acquire competency in planning, marketing, preparing, and serving foods. Scorning satisfaction with anything less than excellent cuisine, we underline good management practices—getting the most for your money, dovetailing jobs, understanding principles, so that an orderly and efficient procedure is possible. Particularly important is the inclusion of the basic recipes in the text rather than at the end of the book. The step-by-step working out of recipes and good management practices is expected to lead students, as they acquire proficiency, to develop short cuts and to apply basic principles to variations of recipes. Results can be checked with the standards for a good product given throughout the book. Comparisons between homemade and commercially prepared products encourage students to exercise judgment in selection of foods and processes.

Believing that an important responsibility of the homemaker is to provide nutritious, satisfying meals, we have planned *Family Meals and Hospitality* with the following principles in mind:

- 1. The modern homemaker must be alert to recent developments in nutrition and must understand their relation to health and well-being.
- 2. She must also develop a knowledge of food costs and of fluctuations of costs so that she can plan menus to fit her family's budget.
- Plans for meals should take into consideration limitations of time, energy, equipment, and space.
- 4. Cookery is a fine art that enriches and enlivens social relations. Accordingly the homemaker has a responsibility to create a leisurely atmosphere at mealtimes enjoyable to the family and its guests.
- 5. Some knowledge of foreign foods leads to the appreciation of their cultures and increases the students' enjoyment of food.

All these aspects of homemaking are stressed in the text of the book and pointed up by the activities.

As written, Family Meals and Hospitality contains a full two-semesters' work, but flexibility in its use is anticipated. Each of the units is, in a measure, complete in itself, although each presumes some knowledge of earlier units. It is assumed that teachers and pupils will plan and work together, and that each class will start where it most needs experience. For example, if a class has had good instruction in nutrition in a previously taken science course, the first unit in this text could be assigned as review and class work might begin

viii] PREFACE

with the second unit. In schools where home economics courses include aspects of foods, clothing, family life, and housing in each school year, this book can be used for all the food units. In any event, a laboratory project should be started almost immediately. This experience not only satisfies the students' eagerness to start cooking; it also leads to a discovery of the importance of organization of work and the need for developing skills.

GLADYS CITEK PECKHAM HELEN STONE HOVEY

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FOOD AND HEALTH

- 1. Food and Health
- 2. The Science of Nutrition



PART I

FOOD AND HEALTH

In the early sixteenth century, Henry IV of France knighted certain noblemen who were outstanding for their hospitality. He bestowed upon them the order of the *Cordon bleu*, a white cross on a blue ribbon. A little over a century later, Louis XV decided that this blue ribbon should be bestowed upon women who had distinguished themselves in cookery. Hence the title, a "cordon-bleu" cook.

There are no such royal awards today but communities still give a special "blue ribbon" of appreciation to the woman who earns it because of her excellent cuisine and her gracious hospitality. You can be sure that many talents and skills have gone into her accomplishments. Like the concertmaster who plans and conducts a brilliant performance, the "blue-ribbon" homemaker merits sincere and continued applause.

However, serving attractive meals is not all that a homemaker owes to her family and guests. She must also be sure that the foods she serves them meet their nutritional needs for good health. Not very long ago good health was considered to be an accident of birth. If a child were fortunate enough to have inherited a strong, healthy body he was considered lucky. While it is true that children inherit many of their physical characteristics, we now know that the kind and amount of food eaten as well as sleep, fresh air, exercise, and good posture play a great part in developing a healthy individual.

THE MEANING OF GOOD HEALTH

What does good health mean? We should all know the answer to this question. Not being sick and incapacitated does not necessarily signify a state of good health. Good health means that the person who possesses it has the ability to attend to daily work and play with vigor, enjoyment, and concentration. Because of lack of information or through careless living, a person may accept a standard of health far below normal. The young person who is continually tired, just manages to get by in school, and has an indifferent attitude about his social activities may appear to be rather unpleasant, but he could be the victim of poor health. Too often we accept the evidence of poor health as normal behavior.

Evidences of Good Health. Can you recognize healthy people? How about the smiling young girl with clear, bright eyes, a fresh complexion, and a straight, lithe body?—and the young man with a strong body, good teeth, and

well-developed muscles? They have the self-confidence that is a natural outgrowth of good health. Some other signs of good health that are less noticeable are the ability to concentrate on work, an appreciation of the beautiful, and an active participation in varied activities. Being in a state of good health includes mental as well as physical health. The two are so closely connected that one cannot be considered without the other. In terms of daily living, good health means these things:

1. A sense of alertness, buoyancy, and activity.

- 2. A stable, wholesome, appetite which includes a liking for a great variety of simple, natural foods.
- 3. A body weight which does not vary too widely from the norm for age, height, and body structure.
- 4. Good posture and a well-balanced appearance.
- 5. Skin that is clear, smooth, and of a good pink color.
- 6. Eyes that are bright with no evidence of dark rings or puffiness.
- 7. Clean, well-cared-for teeth.
- 8. Ability to concentrate on the matter at hand without expenditure of a large amount of nervous energy.
- 9. An alert mind demonstrating an interest in other people and in a wide range of activities.
- 10. Ability to face or admit failure, a desire to understand the reasons for it, and the will to take positive action to correct mistakes.
- 11. Ability to mingle easily with other people and to accept leadership or fellowship when the opportunity presents itself.
- 12. Ability to free oneself from stress of worry and anxiety.

Achieving Health. Eating the right kinds and amounts of food is one of the means to good health. Nature has provided us with food. It is left to each one to make his choice, good or bad. Unfortunately, we do not always choose wisely when left to do so on our own. Many of our food practices are influenced by tradition. We tend to adopt the food practices of those with whom we are constantly associated. Sometimes this means that we copy the food prejudices of others. If we eat only certain foods and omit others, we may skip some of the foods that are essential for good health.

In a balanced diet the food which goes into the three daily meals does more than satisfy the appetite. It supplies food for growth and repair of body tissues, for energy needs, and the regulation of body functions. This does not mean that the person who eats a balanced diet eats exactly the same food every day. But it does mean that this person eats daily a sufficient amount of milk, butter, cheese, eggs, whole-grain cereals, fish, poultry, meat, fresh fruits, and vegetables to supply his body with the specific things necessary for good health.

Jane and John are high-school seniors who have had some help with choosing balanced meals. Jim, a third member of the senior class, is indifferent about his food needs. Turn to page 6 and you will find lunches which are typical of those usually selected and eaten by these three students.

The Basic Seven ... eat this way every day



IN ADDITION TO THE BASIC 7... EAT ANY OTHER FOODS YOU WANT

U S DEPARTMENT OF AGRICULTURE

Jane's Luncheon
Vegetable soup
Tuna Fish and Egg Salad
Whole-Wheat Muffin Butter
Baked Apple
Milk

John's Luncheon

Macaroni and Cheese Casserole
Cabbage and Carrot Salad
Peanut Butter Sandwich
Ice Cream
Milk

Jim's Luncheon
Potato Salad
Peanut Butter and Jelly Sandwich
Chocolate Cake
Pop

All three of these students paid approximately the same amount of money for their meals. Both Jane and John chose meals that were well balanced though widely different. Both meals consisted of foods which contained good quality proteins, mineral elements, and vitamins in addition to furnishing fuel. In contrast to the other two meals, Jim's luncheon contained foods that were mainly fuel foods and contained only a small amount of protein, mineral elements, and vitamins. Jane and John ate food to satisfy body-health needs. Jim ate to satisfy only appetite.

Jim, like a good many other people, needs education in choosing his food. Instinct and appetite do not enable a person to pick out foods which are essential for good health. Nor does the expenditure of a large amount of money guarantee a well-balanced diet. That is why we are beginning our course in foods with a study of nutrition.

SUMMARY

1. The healthy person is generally alert and happy.

2. Being in a good state of health includes mental as well as physical health.

3. Some indications of good health are a body weight which does not vary too widely for age, height, and body structure; clear skin; and eyes that are bright and clear.

A state of good health means much more than apparent freedom from illness.

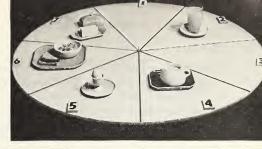
ACTIVITIES

Refer to the qualities that are evidences of good health as given on page 4
and set up a score card based on the qualities that seem most important
to the class.

2. Make:

- a. your own score card, with the help of your parents. Keep a copy but hand your unsigned duplicate to your teacher. Have a committee summarize these duplicate score cards to determine where the class ranks high and where low.
- b. plan for improving the low scores so that, by the end of the term, each student's score may show decided improvement.

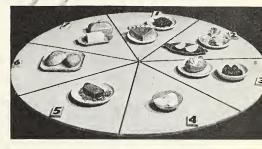
BREAKFAST. Much better than toast and coffee is this breakfast of foods from five of the basic 7 groups: orange juice, egg, milk, oatmeal topped with some fruit, whole wheat toast, butter or fortified margarine. However, it leaves empty sections 1 and 3 of the basic 7 wheel. We must plan lunch and dinner to add these groups, as well as more foods for some of the other groups.



LUNCH. A hot dog and a bottle of pop lose out nutritionally when compared with this lunch that offers foods from all the basic 7 groups: carrot sticks, orange, raisins, celery, cream of vegetable soup, sandwiches of cheese on white bread and peanut butter on whole-wheat bread, and milk.



DINNER. Meat, potatoes, bread and gravy gain in appetite and health value, when other basic 7 foods are added, as in this dinner of grapefruit and romaine salad, meat loaf, baked potato with butter, beet greens with lemon garnish, buttered beets, rolls and butter or fortified margarine, pumpkin pie topped with ice cream, and milk.



The day's menus, pictured below, use only basic 7 foods. They show how easy it is to plan meals from these foods. Ordinarily other foods, not in basic 7 groups, will also be used. Be sure, however, to have the required number of servings of each basic 7 group.



- 3. List the services available in your school and community for the encouragement and preservation of health. Are these services extensively used? What needs to be done to make them more popular? What other services do you think should be made available?
- 4. Talk with older members of your family about the relationship of health to efficiency, self confidence, friendliness, and happiness. Relate incidents which support your findings.

5. Discuss:

- a. the value of good health from an economic standpoint.
- b. the plans that are under way for the extension and improvement of health services in your school and community.



THE SCIENCE OF NUTRITION

The facts about how food is used in the body are grouped together into a body of knowledge known as nutrition. This science concerns the relation of food to health and growth.

Food is the first necessity of life. Through the centuries men have struggled long and hard for it. The need for food has caused them to fight wars and leave their homes in search of lands where abundant food might be obtained. The problem of getting food is not so great for those of us who are fortunate enough to live in America as it is for some other peoples of the world. Ours is a land of plenty, yet some of our people go hungry. Sometimes this hunger is the hunger that comes from not having enough to eat, a hollow hunger. Sometimes the hunger is the kind that is not immediately felt but will show up at a later time in the form of borderline states of poor health. This kind is referred to by doctors, teachers, and health workers as hidden hunger. The hidden hungers are caused by a lack of specific things which are contained in the essential foods. A person is not always aware at first that he is the victim of a hidden hunger. However, over a long period of time the hidden hunger will show itself in the form of a nutritional deficiency disease.

The term *food* refers to those substances that make up our daily meals. However, in a scientific sense, food consists of raw materials which, when eaten, supply the body with the necessary nutrients. When this meaning is given to food, the term *foodstuff* is generally used.

Food is used by the body to produce energy, for growth and repair of body tissues, and for regulation of body processes. A food may do one or all of these jobs, depending upon its composition and the body's ability to make use of it.

A balanced diet contains six essential constituents: carbohydrates, fats, proteins, minerals, vitamins, and water. Since no single food can provide all the essential nutrients, it is important to eat a wide variety of foods in the correct proportions.

INTRODUCING CARBOHYDRATES, FATS, AND PROTEINS

Whenever work is to be done, whether it is the work of the internal organs, such as the beating of the heart, or external work such as walking, riding a bicycle, or swimming, energy is needed to perform the activity. Carbohydrates, fats, and proteins are the fuels that are burned to supply the necessary energy for living. The first two are most important as fuels since protein is generally used as a body building material. Of the two, fats are the most concentrated.

Energy is supplied to the body in the following way. The food we eat is first broken down into tiny particles which eventually find their way into the blood stream. The blood carries the essential food nutrients to the cells of the body. Each body cell is so organized that it is able to burn, or oxidize, food in order to furnish heat and energy and to select substances for the building and repair of body tissues. The blood carries the oxygen to the body cells from the lungs and also takes the waste products which result from the oxidation of food away from the cells. These are finally eliminated through the skin, intestines, kidneys, and lungs.

The energy value of a food is determined by knowing how much heat it gives off when burned. The calorie is used as a unit of measurement of heat just as the pound and yard are used to measure weights and lengths. By definition, a calorie is the amount of heat required to raise the temperature of about 1 quart of water 4 degrees Fahrenheit. (The food calorie is greater than the calorie that you meet in the study of physics.) By using specially constructed apparatus, scientists have been able to work out a way of determining accurately just how many calories a person requires to carry on his internal and external activities. It would be very difficult to calculate the exact amount of food needed (energy requirement) for every individual. However, some standards have been set up on the basis of studies made of the energy requirements of groups of people of the same age engaged in somewhat the same kind of activities.

It is also possible to determine the approximate energy value of foods when they are burned in the body. Fortunately for us, scientists have analyzed most of the foods. The figures are conveniently compiled in tables for our use. See pages 436 and 437–453. By learning how to use these tables we can very quickly compute the number of calories in a meal.

How to Determine Your Energy Needs. The energy requirements of an individual vary with his kind of work, activity, age, and size. High-school juniors and seniors quite possibly have higher energy needs than adults of a corresponding size. In general, the energy needs of the high-school girl are less than those of the high-school boy. Active people require more calories

than inactive people. The boy or girl who rides a bicycle to school probably has higher fuel needs than the one who rides to school in the family car. Here is a chart to help you estimate the approximate number of calories you will need for your age and weight.

ENERGY NEEDS BASED ON BODY WEIGHT1

AGE IN YEARS	CALORIES	PER POUND	PER DAY
Under 1		45	
1–3		45–44	
4-6		42–38	
7–9		36-34	
10–12	_	33–31	~. ·
	Boys		Girls
13–15	31–30		29–24
16-20			
Very active	35		25
Moderately active	27		20
Inactive	18		17
Over 20			
At rest but sitting most of the day		14-15	
Work chiefly done sitting		15-17	
Work chiefly done standing or walking		17-19	
Work developing muscular strength		20-23	
Work requiring very strong muscles		25-32	

A more detailed method of estimating the number of calories a person needs is to keep an accurate record of his daily activities and calculate the energy requirement according to activity and body weight. The energy required to perform all types of activities has been computed by the authorities and set down in tables. From these figures it is possible to estimate the approximate energy requirement of an individual when the time spent engaged in each activity is known. You will find such a chart on the opposite page.

What are carbohydrates? Carbohydrates are manufactured by plants from carbon dioxide, water, and radiant energy from the sun and stored in the root, stem, flower, fruit, or seed. There are two general classifications: the starches and the sugars, and all fruits, vegetables, and grain products contain one form or another. In fact, practically every food we eat contains some carbohydrates. The most concentrated sources of starch are bread and cereal products and potatoes and sweetpotatoes. Some of the most concentrated sources of sugars are candy and jams and jellies.

Your energy requirements are supplied mainly by carbohydrates and fats and your body saves proteins for other purposes.

What are fats? Fats are our most concentrated source of energy. They

¹ Based on MacLeod and Taylor: Rose's Foundations of Nutrition, 4th Edition, The Macmillan Company, New York, 1944.







Henle from Monkmeyer

ENERGY REQUIREMENT ACCORDING TO ACTIVITY1

ENERGY REQUIREMENT ACCORDING TO ACTIVITY		
ACTIVITY	CALORIES PER POUND OF WEIGHT PER HOUR	
Sleeping, awake lying still, sitting (reading, studying, talking, and visiting, listening to radio, writing, mending, and hand sewing)	1/2	
Standing, dressing, and undressing, taking notes in class	3/5	
Laboratory work (sitting), sewing on machine, singing, playing piano	3/4	
Light exercise (washing dishes, keeping room in order, cooking for small family, helping with preparation of meals, typing rapidly, ironing, laboratory work, standing, driving automobile)	1	
Moderate exercise (walking to school at a slow to moderate rate, daily cleaning of room, floor work in physical education, mopping, light laundry)	1½ to 1¾	
Active exercise (weekly cleaning of entire house, scrubbing, family washing, intramural sports, basket ball, volley ball, dancing, walking rapidly)	2 to 3	
Very active exercise (swimming, running, horseback riding, bicycling)	4 to 7	

¹ Grace MacLeod and Clara Mae Taylor, Rose's Foundations of Nutrition, 4th Edition, The Macmillan Company, New York, 1944.

come from both animal and vegetable sources: lard, butter, cheese, cream, egg yolk, bacon, meat, and fish supplying fat from an animal source and nuts, olives, avocados, corn oil, soybean oil, cottonseed oil, and peanut oil being good sources of vegetable fat.

A thin layer of fat under the skin protects the muscles and nerves and also aids in conserving body heat. Without fat, we would be unable to absorb calcium. When animals are not given enough of certain fatty acids each day they develop a scaly skin rash. The exact amount of fat required daily has not been worked out, but you can work out your daily caloric requirement from the table on page 10.

FOOD MAKES THE DIFFERENCE IN THESE TWIN RATS



This rat ate only meat, potato, bread, and butter. He has poor fur and weighs only 89 grams.

The bones in this rat's skeleton show that the animal's diet was deficient in calcium and in vitamins.



This rat ate plenty of milk and vegetables, besides the meat, potato, bread, and butter. He weighs 194 grams.

U.S. Department of Agriculture This skeleton shows that the diet was good. The bones are strong and wellformed.

What are proteins? Proteins are complex living substances which, together with fats and carbohydrates, form the greatest part of the solids of living matter. Proteins are the chief building materials of the body. They are present in every cell formed in plant and animal life and are so important that life cannot exist without them.

The body's need for protein is very strong during the growth period. Growth cannot take place unless adequate amounts of protein are eaten. After growth is attained, the need for protein is still great. At this period of life, it is needed for the upkeep of cells already formed. All during growth and afterward the body's cells are in constant use and would soon run down completely if the necessary food replacements were not provided.

Some small amount of protein is found in all common foods with the possible exception of pure fats and sugar. However, not all proteins have the same value for body needs. Each protein is made up of many smaller units

known as amino acids, some of which are indispensable for life and body growth. A protein that contains all the essential amino acids is called a complete protein. Proteins that are lacking in some of the essential amino acids are called incomplete proteins. While an incomplete protein food cannot support growth by itself, incomplete proteins are important in the diet as they supplement each other and add to the value of the complete proteins in food. Generally speaking, the complete proteins are of animal origin (milk, egg, cheese, meat, fish, and poultry) while those obtained from vegetable sources, with the exception of nuts and soy-beans, are incomplete. Corn, navy beans, peas, cereal grains, and gelatin are sources of incomplete proteins. Meals that furnish fifty per cent of their proteins from each group will supply an adequate amount of protein for body needs.



This rat ate foods that furnished plenty of protein, but not the right combination to give complete proteins. It weighs only 65 grams.

This rat had plenty of good quality protein from a variety of foods. It has good fur, well-shaped body, and weighs 193

Eskimos are said to consume two or three times as much protein as inhabitants of the temperate zone. Because of the scarcity of such foods, the Eskimo does not have many opportunities to eat vegetables. His diet consists almost entirely of meat and fish and his body manages to manufacture the carbohydrates it must have from some of the protein and fat he eats.

grams.

For those of us living in a warmer climate and having a wide choice of food within our reach, there appears to be no valid reason for eating a surplus amount of protein foods. Although we are fairly certain now that a high intake of protein is not harmful but beneficial, it is possible by eating large amounts of it to rule other essential foods out of the diet.

It is highly desirable that a part of the protein we eat should be derived from animal sources. If a child does not receive a sufficient amount of protein, he will not grow as large and as strong as he should. It is believed that a diet low in protein shows up in several ways: general poor health, mental and physical inefficiency, and stunted growth.

Watch Your Weight. Nutrients which we eat in addition to those needed for energy are stored in the body as fat. Maintaining the correct normal weight is a very important part of being healthy as well as being attractive. When estimating normal body weight, due consideration must be given to natural build (structure of the framework of the body), as well as to height and age. Studies have shown that it is desirable for people under thirty years of age to keep the weight within a range of five per cent above the standard weight.

ATTAINING NORMAL WEIGHT

IF OVERWEIGHT	IF UNDERWEIGHT
Avoid these foods:	
Cakes and pastries	Candy
Candy	Rich pastries
Frappés, and sundaes	Fried foods
Potato chips	Soft drinks
Fried foods	
Whipped cream	
Soft drinks	
Eat these in moderation:	
Spaghetti and macaroni	Spaghetti and macaroni
Ice cream	Ice cream
Mayonnaise	Mayonnaise
Jams and jellies	Jams and jellies
Cookies and crackers	Cookies and crackers
	Cream
Eat plenty of these:	
Milk	Milk and milk products
Fresh fruits and vegetables Eggs	Fresh fruits and vegetables Eggs
-88-	Whole-grain or enriched cereals
	Butter or fortified margarine
	Peanut butter
Eat as much as you need of these:	
Meat, poultry, and fish	Meat, poultry, and fish
Whole-grain or enriched cereals	ritari, pountif, und non
Butter or fortified margarine	

Overweight. Extreme overweight is not normal for anyone. With the exception of a few rare cases the cause of overweight in young people may be attributed to "extras" such as candy, ice-cream sundaes, and cakes as well as to lazy habits. For those who tend to become overweight through indulgence, adherence to a few simple guides might prove helpful:

- 1. Be sure that your meals are well balanced. Check the daily food list.
- 2. Refrain from eating foods (other than fruits) in between meals.
- 3. Avoid concentrated sweets.
- 4. Eat fruits and simple puddings for desserts.
- 5. Take an interest in outdoor sports and participate actively if possible.
- 6. Never skip a meal.

If these guides do not prove effective, ask your doctor's advice.

Underweight. Continual loss of weight is also a signal to consult your physician. When the cause of underweight is a poor appetite, care must be taken to increase the amount of food eaten. Here are some suggestions:

- 1. Be sure that your meals are well balanced. Check the daily food list.
- 2. Eat meals at regular hours.
- 3. Eat an adequate breakfast—a good sized portion of whole-grain cereals.
- 4. Take time out to rest before and after eating.
- 5. Make mealtime as pleasant as possible.
- 6. Develop a liking for a great many foods.
- 7. Eat small meals of crackers, fruit, and milk in the midmorning, afternoon, or evening. (If these interfere with regular meals omit them.)

INTRODUCING MINERALS

Minerals are also called *inorganic salts*. Some minerals such as calcium and phosphorus form a larger proportion of the mineral content of the body than other minerals such as zinc, magnesium, and manganese. Those minerals found in very small quantities in the body are referred to as the *trace minerals*. When the body is amply provided with the essential minerals (calcium, phosphorus, and iron), the trace minerals also appear to be supplied in amounts sufficient to take care of body needs.

Minerals function in the body in two ways: they aid in building the bony framework of the body by becoming a part of it and they help to regulate body processes. Although minerals are found to be part of the body composition at birth, the amounts are small and, since we do not manufacture our own minerals, they must be constantly supplied by food.

Calcium and phosphorus. Calcium and phosphorus occur together in the body in the form of a salt, calcium phosphate. The greater portion of the calcium phosphate is deposited in the bones and teeth where it builds rigidity and resistance into the structure. When you handle a young infant you notice that his bones have a rubbery or flexible quality. This is because his bones are cartilage. The proper growth and development of the bony structure of the body cannot progress unless the bones are well supplied with calcium phosphate. Even when full growth is attained, the need for these minerals continues. A small amount of calcium is found in the soft tissues of the body. Traces of calcium are found in the blood where it is essential for blood coagulation, and for maintaining the normal function of the heart muscle.

Occurrence of calcium and phosphorus in food. There is no way that the body can store large supplies of calcium and phosphorus, since the calcium phosphate in the bones and teeth is not used as a reserve except in times of great deprivation. Therefore foods containing calcium and phosphorus must be eaten daily.

The number of foods which contain relatively large amounts of calcium are few. For the most part our daily needs are supplied through milk and milk products. Other good sources are green leafy vegetables, eggs, soybeans, molasses, dry peas, and beans.

When we take care of our calcium needs, we automatically take care of our need for its twin mineral, *phosphorus*. Foods that are good sources of calcium

are also good sources of phosphorus. Phosphorus is more generously distributed among foods than calcium and in addition to the sources mentioned above is found in lean meats and cereals.

The effects of insufficient calcium and phosphorus. A diet low in calcium and phosphorus will result in a stunted growth of the bony structure of the body. In small children when there is a very severe lack of calcium and phosphorus, rickets may result. Rickets is a disease in which the bones are not calcified. Some of the after results of rickets are knock-knees, bowlegs, and a narrow chest.

An experiment carried on by Dr. Henry C. Sherman brought out some interesting facts about the need for calcium. He chose for his experiment twinbrother rats, exactly alike in shape and size. One rat was given a diet of meat,



This rat did not have enough calcium. Note the stubby body, due to poorly formed bones. It weighs 91 grams.

U.S. Department of Agriculture This rat had plenty of calcium. It has reached full size, and its bones are wellformed. It weighs 219 grams.

wheat, and milk. The twin was given a diet of meat and wheat but no milk. The rat receiving the milk in addition to his other foods grew to be a fine healthy rat. The rat having only the meat and wheat grew to be only half the size of his brother.

Iron. You are probably familiar with the fact that iron is an important part of blood. The total amount of iron in an adult's body is between three and four grams, or about one tenth to one seventh of an ounce. Of this amount, three fourths is found in the hemoglobin. The rest of the iron is deposited in the muscles and inside the cells themselves. The non-blood iron is never used to replace the blood iron.

The body takes good care of the iron which it can claim for its own. When the worn-out blood corpuscles are broken down the iron is taken out and saved to be used again. Because of this economy on the part of our bodies, our iron requirements are kept at a minimum. However, during growth extra supplies of iron are needed. Blood losses due to hemorrhages and surgery also require additional iron to replace them.

Many foods contain some amounts of iron but the foods that are among our richest sources are liver, egg yolk, dried yeast, and molasses. Dried fruits and vegetables, green leafy vegetables, beef, lamb, and pork make a fair contribution to the total amount of daily iron intake. Milk does not contain very much iron. Therefore, when it is the only source of food for the young child, there is a possibility of anemia developing. However, when milk is drunk along with the foods containing iron, the calcium of the milk makes the iron of the

food more available to the body. Flour is now enriched with small amounts of iron to insure some measure of protection for those whose iron intake is inadequate.

Effects of inadequate iron. When the amount of iron in the blood is less than that necessary to provide enough hemoglobin for all the blood cells of the body, the amount in each red cell will be less than it should be. This condition may lead to nutritional anemia. The person with anemia tires easily and is pale and listless. Those individuals showing a tendency towards anemia find that often medical treatment is needed to bring about lasting results. When the iron content of the blood is low, it is difficult to replenish the iron by food intake alone.



This rat did not have enough iron. It has pale ears and tail. Eight months old, it weighs only 109 grams.

U.S. Department of Agriculture This rat had plenty of iron. Its fur is sleek and its blood has three times as much red coloring as its brother's.

INTRODUCING THE VITAMINS

The most dramatic phase of nutrition has to do with a group of substances known as *vitamins*. At the turn of the century, it was generally believed that if a diet contained carbohydrates, proteins, fats, and minerals in well-balanced proportions the diet would be adequate in all respects. However, an English scientist, Hopkins, proved this theory to be incorrect. He showed conclusively that when rats were fed a diet containing pure carbohydrates, proteins, fats, and minerals in the right amounts, they would soon lose weight and die. He went on further to show that when this diet was supplemented with a little milk, they grew and continued to grow. Hopkins showed the scientific world that natural foods such as milk contain substances which were not included in the already known constituents of food. These substances were given the name *vitamins* by Dr. Casimir Funk.

New vitamins are being discovered and studied currently. However, at the present time there are six vitamins essential to human nutrition well known to us. With the exception of one (vitamin D), we depend on food sources for our supply of them. Each vitamin is a definite chemical substance with its identifying characteristics and specific functions. One vitamin cannot replace another but the function of one vitamin may overlap the functions of another. Good health depends on the presence in the body of all essential vitamins and the efficiency with which a vitamin fulfills its function depends on the interrelationship of all the vitamins.

Vitamin A. A white, oily substance found in fish-liver oils, eggs, and butter is known as vitamin A. While working on vitamin-A experiments, scientists collected evidence that showed there was a connection between the yellow coloring substances found in certain animal and vegetable foods and the vitamin-A content of the food. Through this work the fact was established that carotene, a plant-coloring material, is a pro-vitamin A substance and is converted by the body into vitamin A.

Vitamin A is necessary for the healthful structure of the *epithelial tissue*. Epithelial tissue covers the entire outer and inner surfaces of the body. When the supply of vitamin A is good, the epithelial tissue in the linings of the body are normal. A straight, unbroken line of cells protects the respiratory system from becoming infected with harmful bacteria. When there is an insufficient amount of the vitamin, the tissue breaks up and becomes a good place for bacteria to lodge and cause infection. In this sense vitamin A might prevent infection.

It has been firmly established that vitamin A is related to an eye disorder known as *night blindness*. People who suffer from this disorder find it difficult to see in a dim light.

A severe lack of vitamin A results in a disease of the eyes known as *xerophthalmia*. Children are more likely to suffer from this deficiency disease than adults. If this disease is left unattended, blindness and death can ensue. During the first world war, thousands of children and infants in Denmark developed xerophthalmia with resulting blindness owing to a shortage of butter in their diets.



This rat had no vitamin A. Note the infected eye, rough fur, and sick appearance. It weighs only 56 grams.

This rat had plenty of vitamin A. It has bright eyes, sleek fur, and appears alert. It weighs 123 grams.

When a deficiency of vitamin A occurs during the period of tooth formation, the results may be seen in *defective tooth structure*. Some experiments on rats have shown that when the animals were placed on diets lacking in vitamin A there was a noticeable change in the structure of the teeth.

Occurrence of vitamin A in food. Some rich sources of vitamin A are fish-liver oils, liver, spinach, and escarole. During the summer months when the cows eat liberal amounts of fresh, green grasses, the vitamin A value of milk is higher than it is during the winter. In cream, butter, and eggs the vitamin A value is partly vitamin A and partly carotene. A good way to increase the amounts of vitamin A in the diet is to choose some yellow and green vegetables each day.

Vitamin A consumption. In relation to weight and size, the amount of vitamin A required by children is greater than that required by adults. The body has the capacity for storing vitamin A. Amounts of vitamin A taken above the requirement will prove to be a good health investment.

Thiamin¹ or B¹. In 1915 a scientist named McCollum gave the name water-soluble vitamin B to a substance which seemed to cure a disease known as beriberi. At that time he thought he was working with a single substance. Now we know that he was using a group of vitamins, each one of which has a distinct role in protecting the health of the body. This group is now called vitamin-B complex. It was one of these substances known as thiamin, or B¹, which cured beriberi. To date the factors in B complex number as many as ten. The ones we know most about are thiamin, riboflavin, and niacin.

Vitamin B_1 is needed by the body to help in burning carbohydrate to make carbon dioxide and water. When food is placed out on a table there is oxygen all round it but the appearance and form of the food do not change. This means that there must be other substances in our bodies besides oxygen that help to burn carbohydrates. These substances are called *enzymes*. There are several enzymes needed by the body to oxidize sugar but one of them does not work if the body does not contain thiamin.

Vitamin B_1 has been shown to be useful in bringing the appetite in human beings up to normal. Children with poor appetites have shown a definite improvement when vitamin B_1 has been increased in the diet. Experimental animals put on vitamin- B_1 -free diets soon lose their appetites and almost starve



This rat, 24 weeks old, had practically no thiamin. It has lost the ability to coordinate its muscles.

U.S. Department of Agriculture The same rat 24 hours later, after receiving a food rich in thiamin. It has already recovered.

to death because they have no desire to eat. When the vitamin is given to them in a concentrated form, their appetites show dramatic improvement.

A severe deficiency of vitamin B_1 results in *beriberi*, a disease of the nervous system. This disease has long been associated with the countries of the Far East where the main article of diet is polished rice or white flour. This disease is still widespread in China, India, Japan, and the Philippine Islands.

Occurrence of vitamin B_1 in food. The richest source of vitamin B_1 is brewer's yeast. Pork muscle, organ meats, eggs, and milk contain very good amounts of the vitamin. Whole-grain cereals as a group are considered among the best sources of vitamin B_1 .

¹ Some authorities prefer the spelling thiamine for this word.

It is thought that a slight degree of vitamin B_1 deficiency is widespread. Perhaps because of the large amount of refined cereals consumed, a large proportion of the population in this country does not receive adequate amounts of this vitamin for the best state of health. Since the body has no capacity for storing vitamin B_1 , it is essential to eat foods daily to supply the necessary amounts. A good practice would be to include a little extra of these foods for better health protection.

Riboflavin. Earlier names given to riboflavin were vitamin B_2 and vitamin G. Dilute solutions of this vitamin have a greenish, yellow color which can be faintly detected in egg white and whey. The importance of riboflavin is shown by its relation to growth and increased life span. Animals put on diets almost free from riboflavin stopped growing but when the vitamin was increased the animals responded with good growth rate and increased health span.

Riboflavin joins vitamin B_1 in becoming an essential part of the enzymes that are necessary to make carbohydrates available to the body. There can be little doubt that riboflavin takes a large part in life processes as is indicated by the fact that it is found in the organ parts of animals and in the germ and green portions of plants.

A lack of riboflavin in the diet accounts for cracked lips as well as a general weakness and lowering of resistance to infection.



This rat, 28 weeks old, had no riboflavin, It soon became sick, and lost hair, especially about the head. It weighs only 63 grams.

U.S. Department of Agriculture
The same rat 6 weeks later, after receiving food rich in riboflavin. It has recovered
its fine fur and now weighs 169 grams.

Occurrence of riboflavin in food. Liver, kidneys, eggs, milk, and green vegetables such as chard, broccoli, kale, and collards are excellent sources of riboflavin. Since B vitamins are water-soluble, losses are high when foods are soaked or boiled and since riboflavin in particular is destroyed by light, it is wise to take considerable care in storing and cooking foods in order to be sure of getting your daily riboflavin requirement.

Niacin. One of the newer members of the vitamin-B complex, called *niacin*, is identified as the pellagra-preventing factor. Pellagra is the most serious nutritional deficiency disease in the United States. It appears where corn is the main food of the diet. The area most afflicted is the South, and the severest outbreaks occur in the spring of the year. The most typical symptom of pellagra is a red skin erupton that later becomes dark and makes the skin very rough and scaly. Usually these skin eruptions are noticed on the feet, back of

hands, elbows, and knees. Other symptoms such as soreness of the mouth, diarrhea, and disturbances of the nervous system are frequently observed in the person suffering from pellagra. The pellagra victim generally is also deficient in other members of the vitamn-B complex. It is unlikely that the health of the individual showing signs of niacin deficiency will improve unless there is continued improvement in the diet.

Niacin also has an important role in the process by which carbohydrates are burned in the body.

Occurrence of niacin in food. There is still much work to be done in order to determine which foods are the best sources of niacin. Although both eggs and milk show up as foods low in niacin value, these foods have been found to give excellent protection against the development of pellagra. As better methods of measuring niacin become known, the niacin value of milk and eggs as well as some other foods will show up to better advantage. Other foods that offer good protection are liver, lean meat, green leafy vegetables, and wheat germ. As yet the exact amounts of niacin needed for health are not known. Getting an adequate supply of the other vitamins seems to assure getting sufficient niacin too.

Vitamin C. In the year 1717 a surgeon in the British navy, Dr. Lind, achieved immortal fame for his classic experiment which demonstrated the antiscorbutic value of oranges and lemons. Almost two hundred years later the antiscorbutic substance was given the name *vitamin C*. It is also called by its chemical name, *ascorbic acid*.

The body's need for vitamin C. The body tissues are made up of hundreds of little cells which are very carefully put together to form a firm structure of material. Not all of these cells are the same shape nor can they fit together exactly without the help of a cementing material to bind them and keep them in place. Vitamin C must be present for the intercellular material to form. When vitamin C is lacking in the body, the cell walls of the smaller blood vessels lose their firm structure and become a broken wall through which the blood seeps. This is what happens when you injure yourself enough to produce a black-and-blue spot. What you see as a darkened spot is blood that has seeped through the weakened capillary wall and lodged under the skin.

We now know that vitamin C is one of the factors important to the good health and development of gums and teeth. Bleeding gums can be traced back to weakened capillary walls. There is also some evidence that points to the fact that the tooth structure is altered with even a mild deficiency of ascorbic acid.

Scurvy is the result of a diet lacking in foods containing ascorbic acid. It has been said that the first distinct account of the disease dates from the time of the Crusades of the thirteenth century. However, it wasn't until the latter part of the nineteenth century that it was recognized as a deficiency disease. The disease is characterized by a rapid loss of weight, a pale complexion, and swollen, ulcerated gums. In the late stages of the disease the teeth may become loose and drop out.

Occurrence of vitamin C in food. Vitamin C is found most abundantly in fresh, succulent fruits and vegetables. Among the most outstanding and deserving of first rank are the citrus fruits. Tomatoes, potatoes, and raw cabbage are inexpensive and good sources of the vitamin.



This guinea pig had no ascorbic acid and developed scurvy. Note crouched position due to sore joints.

U.S. Department of Agriculture
This guinea pig had plenty of ascorbic
acid. It is healthy and alert; its fur is sleek
and fine.

Vitamin C consumption. Vitamin C is not stored by the body. Special attention to vitamin-C-rich foods must be given to the daily food intake in order to obtain the maximum requirement.

Vitamin D. When the skin is directly exposed to sunlight, the body is able to manufacture vitamin D from a substance beneath the skin. In this respect vitamin D is different from the vitamins which we get only from foods.

The body's need for vitamin D. Vitamin D helps the body to lay down calcium and phosphorus in the form of calcium phosphate. It is important to note that vitamin D does not take the place of calcium and phosphorus in the diet, but acts as mobilizing agent for them.



This rat had no vitamin D. Its poorly shaped body and bowlegs are typical signs of rickets.

U.S. Department of Agriculture This rat had plenty of vitamin D. It has grown to normal size and its bones are strong and straight.

Lack of vitamin D may cause rickets, a deficiency disease that has long been known to the human race. It was so common a disease in England during the seventeenth century that it became known as the "English disease." Rickets is observed most frequently in the northern climates where sunshine is limited to a few hours a day during certain seasons of the year. Since rickets is a disease of the growing parts of the bone, a lack of vitamin D is most striking in the young. The bone structure becomes soft and is easily deformed; bowlegs, enlarged joints, and enlargement of the head and chest are physical disorders resulting from rickets.



This is one way to get vitamin D.

Eva Luoma

Occurrence of vitamin D. Nature provides very little vitamin D in the common foods. The best way of obtaining vitamin D is to use the concentrated fish-liver oils.

Eggs, butter, and milk contain some small amounts of the vitamin. Some milk is also irradiated with rather large amounts. Irradiated milk has been exposed to artificial sunlight for a short time. Sometimes vitamin D is added to milk directly to increase its vitamin-D value. Other foods which contain added vitamin D are some kinds of cereals, evaporated milk, and bread.

Vitamin D consumption. Since we cannot depend upon foods or the winter sun to supply sufficient Vitamin D, it is often wise to take it in capsule or oil form.

INTRODUCING WATER

About three-fourths of the body weight is made up of water, making it the most important food constituent. It is necessary for the transportation of other

THE MAJOR FOOD GROUPS AND THEIR FUNCTIONS

NUTRIENTS	SOME BEST SOURCES	FUNCTION	
Carbohydrates Starch and Sugar	Bread and cereal products Potatoes and sweetpotatoes Candy Jams and jellies	Furnish energy for work	
Fats	Butter Margarine Animal and vegetable fats Fish oils	Furnish energy for work Provide fatty acids essential to health	
Proteins	Milk and milk products Eggs Lean meat, poultry and fish Soy beans, almonds Cereal products Legumes	Supply building materials for the growth and repair of body tissues	
Minerals Calcium	Milk and milk products Turnip greens Kale Broccoli Mustard greens Collards Molasses Legumes	Build a strong bony frame- work Help to build good teeth Help in the coagulation of blood	
Phosphorus	Milk and milk products Eggs Lean muscle meat, organ meats Legumes and nuts	Maintain balance among other mineral elements of the body	
Iron	Liver, kidney and other organ meats Lean meat (especially beef) Eggs Green leafy vegetables Molasses	Combines with oxygen to form hemoglobin	
Vitamins A	Liver, kidney and other organ meats Whole milk and cream Green leafy and yellow veg- etables Fish liver oils	Promotes growth Helps improve adaptation of eye to dim light Promotes body resistance to infection Promotes proper development of teeth	

NUTRIENTS	SOME BEST SOURCES	FUNCTION
B ₁ or Thiamin	Pork, fresh and cured Liver, kidney and other organ meat Whole grain and enriched cereals Milk Eggs	Takes part in a process by which foods are burned in the body Helps to ward off fatigue and irritability Prevents beri-beri
B ₂ or Riboflavin	Liver, kidney and other organ meats Eggs Milk Green leafy vegetables Yeast	Takes part in a process by which foods are burned in the body Promotes general physical well being Prevents cracked lips
Niacin	Liver and lean meat Milk Eggs Salmon	Takes part in a process by which foods are burned in the body Prevents pellagra
C or Ascorbic Acid	Citrus fruits Tomato, fresh and canned	Helps to build and maintain good tooth structure and well-developed gums Prevents scurvy
Vitamin D	Fish liver oils	Helps the body to use calcium and phosphorus in food

food materials to the tissues, for the removal of wastes, for the regulation of body temperature, and for the regulation of the concentration of minerals. All foods contain some water. Vegetables in particular have a high liquid content—some of them being as much as 95 per cent water. Therefore we don't have to depend on drinking water to supply the whole of our daily quota which should be about 2 quarts.

SUMMARY

- There are three important functions of food. First, it supplies the body
 with fuel for daily activities and body warmth. Second, food provides material for growth and upkeep of body tissues, and third, it furnishes materials that regulate the body tissues.
- A nutrient is a substance in foods which performs one or more of the functions of food.
- 3. Our bodies require adequate amounts of all the nutrients. The essential nutrients are carbohydrates, fats, proteins, minerals, vitamins, and water.
- The well-balanced diet is one which contains adequate amounts of all the essential nutrients.
- 5. The calorie is the term used to measure the energy value of food. All foods

have calorie value. We measure our total day's energy needs in terms of calories. When the food we eat yields more calories than we need for normal growth and activity, we add fat to our bodies. When the calorie value of the food we eat is less than that required by our bodies, we lose fat from our bodies and grow thin.

6. Carbohydrates occur in the form of starches and sugar. The chief function of carbohydrates is to supply energy for daily activities and body heat. Fats, too, supply energy and body heat. Fats have the highest caloric value

of any of the foodstuffs.

7. Minerals are important for body building materials and the regulation of body processes. Calcium and phosphorus are necessary for the rigidity of the body framework and teeth. Iron is essential for the formation of hemoglobin, the red pigment of the blood.

8. Vitamins are substances essential to health and life. At the present time the vitamins known to be essential for good health and prevention of disease in humans are: vitamin A, thiamin, ribobavin, niacin, vitamin C, and

vitamin D.

9. Water is necessary for transporting the other food materials to the tissues and for the removal of wastes.

ACTIVITIES

- 1. Keep a record of the food you eat for a week and find out whether or not you are getting daily requirements of all the essential nutrients. Repeat this again at the end of the term and compare the two results.
- 2. Read articles on the latest findings in nutrition and report to the class.

3. Compute from the charts on pages 436 and 437–453:

a. the amount of the following vegetables that would supply you with your daily requirements of vitamin A: broccoli, collards, dandelion greens, escarole, kale, spinach, and turnip tops.

b. the amount of the following vegetables that would supply you with your daily requirement of vitamin C: raw cabbage, kale, green peppers, tomatoes, and watercress.

- c. the amount of the following vegetables that would supply you with your daily requirement of iron: baked navy beans, beet greens, mustard greens, and spinach.
- 4. Plan a week's menu for:
 - a. an overweight high school girl or boy.
 - b. an underweight high school girl or boy.

UNIT II

LUNCHEON

- 1. Luncheon—Light to Hearty
- 2. Soups
- 3. Salads
- 4. Quick Breads
- 5. Preparing and Serving a Lunch
- 6. Vegetables
- 7. Casserole Main Dishes
- 8. Simple Desserts
- 9. Mealtime Manners



PART 1

LUNCHEON-LIGHT TO HEARTY

"Will lunch time never come!" How many times have you thought and spoken these words and wished that the lunch hour would come earlier than usual. Healthy people naturally look forward to a good lunch. The best possible way to relax mentally and physically is to take time out to enjoy a good luncheon and to store up energy and vitality for a busy afternoon. Because so few people have ample time in which to eat this meal, luncheon is usually composed of several simple dishes that do not require too great a time for preparation, serving, and eating. However, it is still customary for some families to eat their heartiest meal at midday and a lighter meal, called *supper*, in the evening. Luncheon and supper are so much alike that we can consider them together.

Luncheon may consist merely of a soup, a salad and a dessert, or it may be quite sustaining with a soup, a main course, bread, a salad, a dessert, and a beverage, depending on the family's needs and preferences. The size of the meal and the character of the food served, will depend to a great extent on the breakfast and dinner menus. Luncheon should supplement the other two meals of the day. When breakfast is light, a substantial luncheon should be eaten. A good plan is to include one hot dish at luncheon regardless of the season of the year. A hot dish tends to increase appetite, reduce the feeling of fatigue, and add enjoyment to the meal.

MEAL PATTERNS

Basic meal patterns are helpful guides for planning menus. Through custom and tradition, meals have become standardized and fall easily into definite patterns. Study the chart on the next page.

Luncheon and supper may be made easy to prepare by serving "one dish." This may be in the form of a casserole baked in the oven, or a top-of-thestove stew, or it might be a salad-and-sandwich-plate combination. In most instances the one-dish meal is so satisfying that a dessert and beverage are all that is required to round out the meal.

With a little skill and advance planning, leftovers can be transformed into interesting luncheon and supper dishes. Meat and fish leftovers may be served creamed on toast, biscuits, or shortbread, or combined with potatoes to make a hash. Leftover vegetables take on a completely new personality in a crisp vegetable salad or in a smooth cream soup if careful attention is given to ← USDA Photo

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30 1 LUNCHEON

seasoning and flavor. Tasty hot sandwiches can be made of slices of leftover meat placed on bread with gravy poured over the entire sandwich. A person who is interested in experimenting with food will find that the preparation of these "unplanned" meals is the ideal way to find out about the tastes and textures that will make more formal meals varied and interesting.

LUNCHEON PATTERNS

TYPES	NUMBER OF COURSES	SAMPLE MENUS
Very Light Luncheon	Main dish (salad, sand- wich, or hot dish) Beverage	Potato, Green Pepper, and Egg Salad Milk
		Peanut Butter and Honey Sandwich on Whole-Wheat Bread Milk
Light	Main dish (salad, sand- wich, or hot dish) Dessert Beverage	Lamb and Vegetable Casserole Cornbread Fruit Compote Milk
		Vegetable Plate Whole-Wheat Muffin Chocolate Pudding Milk
Moderate	Main dish (sandwich or hot dish) Salad Dessert Beverage	Spanish Rice Mixed Vegetable Salad Whole-Wheat Bread Fruit Cup Milk
		Liver and Bacon Tossed Green Salad Biscuit Gingerbread Milk
Moderately Heavy	Soup Main dish (sandwich or hot dish) Salad Dessert Beverage	Cream of Tomato Soup Baked Meat Loaf Cabbage and Carrot Salad Whole-Wheat Bread Cup Custard Milk
		Chicken-Noodle Soup Hot Roast-Beef Sandwich Buttered Spinach Sponge Cake Milk



Courtesy National Dairy Council

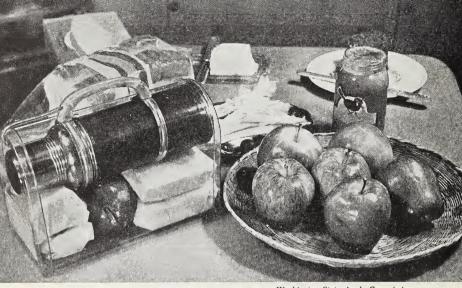
SCHOOL LUNCHES

Lunch at school is an important meal since it should furnish about one third of the day's food needs, whether or not the lunch box or the cafeteria furnishes the food. Any one of the following luncheons will supply approximately one third of the day's nutritive requirements for a high-school girl or boy:

Menu I	Menu II	Menu III
Creamed Fish on	Cream of Tomato Soup	Poached Eggs on
Baked Potato	American Cheese	Baked Hash
Green Peas	Sandwich	Carrot Strips
Peanut-Butter Muffins	Cole Slaw	Cornbread
Applesauce Cake	Ice Cream	Fruit Cup
Milk	Milk	Milk

Selecting your lunch at the school cafeteria. In many schools the cafeteria serves a lunch at cost or below cost for the students. Others prepare and serve only one or two foods because of limited space and equipment. In either case, some food—perhaps soup, salad, beverage or dessert—may usually be bought in the cafeteria to supplement a box brought from home.

It is your personal responsibility to choose a good lunch. It is wise to take time to buy or prepare a good lunch for it will pay dividends in vitality.



Washington State Apple Commission

It is obvious that the owner of this lunch box will eat well today.

Contents of the lunch box. The lunch box should be packed with nutritious foods. The lunch that contains these foods scores well: milk in the form of a beverage, soup, cheese, or milk dessert; protein in meat, fish, egg, or cheese sandwiches; vegetables as carrot strips or whole tomatoes; fruits that carry and store well such as an orange, an apple, and a bunch of grapes; and desserts such as cup cakes, cookies, and confections to contribute more calories.

Flavor, texture and color are, as always, important and are more difficult to get into the lunch box than on the table. The weather is an influencing factor, since, on a cold day, hot soups, hot beverages, and hearty foods are welcome. Hot weather favorites are cool beverages and fruits in season, together with especially tempting foods. Hot foods must be packed piping hot and cold foods should be kept cool.

The lunch box should be easy to carry. A satisfactory box makes packing easier. Both metal and plastic containers are light and moisture proof and can be easily scalded together with the vacuum bottle. Small jelly glasses and glass jars with screw tops may carry servings of fruits, salads, and desserts. Waxed paper is a necessity for keeping food attractive and fresh. Heavier foods should be packed in the bottom of the box. Otherwise, food should be packed in reverse order of eating so that food to be eaten first is on top and dessert on bottom. A paper sack may be used when carrying one's lunch but it is not practical since the kind of food that can be carried in it is limited.

Sandwiches. More than 200 years ago, John Montague, the Fourth Earl of Sandwich, created the modern sandwich when he demanded that a piece of meat be placed between two slices of bread and served to him so that his card game might continue without interruption. Since that time, the sandwich has been used with increasing popularity. It plays a major role in lunch boxes.

In preparing sandwiches, the right tools and good planning are of great help. A small space may be reserved in the cupboard in which to keep a sharp knife, a small mixing bowl, non-refrigerated spreads such as jelly, marmalade, and peanut butter, waxed paper, paper napkins, and jars with fitted covers for packing.

Use a very sharp bread knife for slicing the bread. If the bread is well chilled in the refrigerator and if it is a day old, it will be easy to slice thin. Use two slices of uniform size. Whole-wheat bread, raisin bread, and other forms such as rolls, buns, and crackers are all practical. The home-made quick breads such as orange, nut, date-nut, and fruit breads are especially delicious with cream cheese or creamed butter and jelly. Spread the bread with softened butter to keep the filling from soaking in. You may also use a lettuce leaf for the same reason. Place about 3 tablespoons of the spread on one piece of bread and spread to the edge. Crusts are usually not removed for the school lunch. If the sandwich is cut in half, it may be eaten more easily, but may dry out more quickly. Prepare sandwiches carefully since they are not appetizing when over-moist or over-dry.

The important part of a sandwich is its filling. Cheese is an excellent filling. One pound of cheese is equivalent to 5 quarts of milk. Cheddar or Swiss on whole-wheat makes a wonderful sandwich. Salad spreads may be made with chopped fish, meat or eggs and sweet spreads with cream cheese and jelly, marmalade, date-nut mixtures, and fruit butters.

Many sandwich spreads may be prepared in advance and stored in the cupboard or the refrigerator. They use leftovers to great advantage since the spreads may be sharpened with lemon, pickles, and relishes. Crisp bacon, celery, shredded cabbage, and nuts add a crunchy texture. Parsley, chopped olives, pickles, and pimiento add color.

Family Circle Magazine
Wrap lettuce for sandwiches
in damp cheesecloth with carrot strips and celery. It will
stay crisp and can be put in
just before the sandwiches
are eaten.



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SALAD SPREAD

(Number sandwiches: 4)

Assemble these utensils:

measuring cup measuring spoon mixing bowl wooden spoon

knife and cutting board

reamer

Assemble these supplies:

1 cup chopped poultry, meat, egg, or fish

1/3 cup mayonnaise or salad dressing

1/4 cup chopped vegetable, very fine (celery, carrot, or green pepper)

1 tablespoon lemon juice

Steps in preparation:

- 1. Combine the chopped salad material, lemon juice, and vegetables.
- 2. Add the mayonnaise to moisten.
- 3. Store the mixture well covered in the refrigerator.

CHEESE SANDWICH SPREAD

(Number sandwiches: 6)

Assemble these utensils:

grater

chopping board

knife

measuring cup measuring spoons

fork

mixing bowl

Assemble these supplies:

- 1 cup (¼ pound) sharp American cheese
- 2 eggs, hard cooked
- 2 tablespoons seasoning materials: pimiento or olive or green pepper
- 1/4 teaspoon salt
- 4 tablespoons mayonnaise or salad dressing

Steps in preparation:

- 1. Grate the cheese into a mixing bowl.
- 2. Chop eggs and seasoning material and add to the cheese.
- 3. Combine the salt and salad dressing with the cheese mixture.
- 4. Store in a refrigerator dish or covered jar.

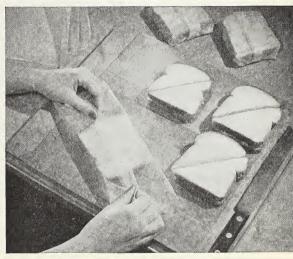
SUMMARY

- Luncheon and supper may be similar in pattern. They are lighter than dinner.
- 2. The foods generally served are soups, salads, meat or meat-substitute dishes, vegetables, breadstuffs, and simple puddings or fruit desserts.
- 3. It is desirable that at least one of the foods be hot, since a hot dish stimulates the appetite.
- 4. It is wise to take time to select a good lunch for it will pay dividends in alertness and vitality.
- 5. Lunch should furnish about one-third of the food needs of the day.
- 6. The right tools and good planning are aids in preparing the lunch box.
- 7. Spreads for sandwiches may be made in advance and stored.

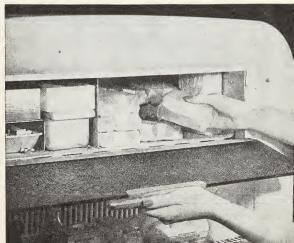
Sandwiches as well as spreads may be made in advance ...



... wrapped separately ...



... and stored in the freezing unit.



Series from Family Circle Magazine

ACTIVITIES

1. Discuss in class:

- a. the type of apron or garment to be worn when preparing food in the school kitchen.
- b. the care of the hair, hands, and nails to assure cleanliness.
- c. the use, care, and storage of dishtowels, dishcloths, potholders, and cleaning supplies.
- d. the safety rules to be observed.
- e. the use of reference materials.
- f. the size of class groups that are to work as a family.
- g. the responsibilities of each member of a class group.
- h. the standards and schedules for general housekeeping in the laboratory.
- i. the need for careful selection and use of supplies according to the budget allotment for the class.
- 2. Score the lunches you selected last week in the school cafeteria or in packing your lunch, for nutritive value and appetite appeal. How may you improve your selections next week?

3. Demonstrate:

- a. several types of lunch containers and list the advantages of each.
- b. the care of metal and plastic lunch-box equipment.

4. List:

- a. foods for lunch boxes that are suitable for cold weather. Prepare another list for warm weather. Give reasons for your grouping.
- b. several good management practices that you can use in preparing school lunches at home.
- 5. Suggest some appetizing foods to be used as surprises for the lunch box.
- 6. Start a reference file of luncheon suggestions for class and home use. Read local newspapers, magazines, and cookbooks as sources.

PART 2

SOUPS

Every country has perfected at least one soup that features the products of its soil and sea. Our great resources enable us to reproduce successfully many of these Old World soups—the beet borsch of Poland and Russia, the onion soup of France, the minestrone of Italy, the barley broths of



Living for Young Homemakers

Scotland, the lemon soup of Greece, the pea soup of Holland, and the Scandinavian fruit soups. Our own country has produced gems in each regional area—pepperpot soups that sustained General Washington's weary, hungry troops at Valley Forge and made a hero of the cook; creole gumbos thickened with okra, tomatoes, and fish from the South; New England clam chowders, and vegetable soups from the golden West.

SOUPS IN THE MENU

Although in our past a dinner was frequently prefaced by a hearty soup, now clear bouillons or consommés may start the meal, but heavier soups may serve as the main course. There are cream soups and bisques, fish and clam chowders, gumbos and thick meat and vegetable soups to choose from among

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the hearty soups. They are all easy to prepare and may be much better and cheaper when made at home than when bought ready-made. The clear soups are another story. These include bouillon, made from beef; consommé, made from chicken and veal (this may be served hot or cold), and broth which is made from vegetables as well as from meat stock. These are highly seasoned and stimulating to the appetite, although in themselves they have very little food value. Since these may be time consuming and expensive to make at home and are less frequently used we will confine our soup making to the more rewarding, hearty soups which are high in food values. It is well to recall that less expensive meats and vegetables are as nutritious as choice ones and for this purpose just as good.

Entirely different flavors result from the use of beef, lamb, veal, fish, and poultry. The meat and bones are simmered in water for several hours to extract the full flavor. This liquid, which is called stock, furnishes the body of the soups. The two basic stocks are white, made from chicken or veal and brown stock made by sauteing the beef before adding the water. To the stock may be added carrots, peas, potatoes, turnips, tomatoes, okra, onions, celery, barley, rice, etc., as desired. Spices and herbs such as salt, pepper, curry pow-

der, bay leaf, basil, marjoram, and savory heighten the flavor.

Cream soups and bisques have a white sauce foundation instead of stock. The proportions are generally two parts thin white sauce to one part cooked vegetables. Naturally these soups do not have to be cooked long since they are combined just before serving. You can produce a cream soup in half an hour.

SERVING SOUPS

Having produced your soup, be sure to serve it hot. Lukewarm soup is never appetizing, no matter how good the flavor. One way to make sure that it will arrive at the table steaming is to preheat the bowls with hot water. Cold and jellied soup can be chilled in their serving cups in the refrigerator until mealtime.

Watercress, parsley, minced olives, paper-thin slices of lemon or egg, croutons, shredded vegetables, pimiento strips, shredded almonds, etc., may garnish the soup. For special occasions try browning a teaspoonful of unsweetened whipped cream on each bowl of soup under a hot broiler until it is a delicate straw color. Serve breadsticks, toast strips, croutons, melba toast or crackers with your hot and garnished soup. They can be crisped in a hot oven if they need it.

A good soup has these qualities: a pleasing color, a satisfying flavor, an appetizing aroma, a consistency in keeping with its type, no free-fat floating on top.

VEGETABLE SOUP WITH MEAT

(Number served: 4)

Assemble these utensils:

soup kettle with cover

knife

cutting board

measuring cups

measuring spoon

strainer

fork

wooden spoon

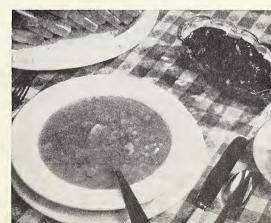
Assemble these supplies:

- 2 tablespoons suet or fat
- 2 pounds beef shank with bone
- 4 cups water
- 1 teaspoon salt
- 4 small potatoes, pared whole
- 4 whole onions, skinned
- 8 small carrots, scraped and whole
- 1 cup yellow turnip (inch cubes)
- 2 cups tomatoes
- 1/4 pound string beans
 - 1 cup celery (2-inch lengths)
 - 2 sprigs parsley
- 1/2 bay leaf

Steps in preparation:

- Sauté suet in the large kettle. Remove the suet. Add the meat and brown on all sides.
- 2. Add the water.
- 3. Add seasoning (salt, celery leaves, parsley, bay leaf) to the soup kettle.
- 4. Simmer the meat over small flame for 3 hours or until the meat is tender.
- 5. Remove the meat, strain the broth, and add enough water to make 1 quart of liquid. Allow to cool. Then remove the fat that rises to the top.
- 6. Cut the meat into serving-size pieces and add to the broth. Heat to the boiling point.
- 7. Add the vegetables in this order:
 - (a) potatoes, onions, carrots, turnip and tomatoes. Cook for 20 minutes.
 - (b) beans and celery. Cover and cook for 20 minutes more until vegetables are tender.
- 8. Serve very hot in preheated bowls or soup plates.

A hearty soup is good at any time of year, and especially welcome in cold weather.



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CREAM OF TOMATO SOUP

(Number served: 4)

Assemble these utensils:

double boiler measuring cup measuring spoon

2 sauce pans wooden spoon

bread board

knife

toaster (or use oven)

can opener

Assemble these supplies:

- 3 tablespoons butter or substitute
- 4 tablespoons flour
- 2 cups milk
- 1 teaspoon salt dash pepper
- 1 cup tomato pulp or juice
- 4 slices bread

Steps in preparation:

- Melt the butter in the top of the double boiler. Do not brown. Add the flour and blend well. Add the heated milk, blend, and continue to cook until smooth.
- Heat the tomato juice or pulp and add it slowly to the thickened white sauce. (The tomato juice must be heated as it is acid and would otherwise curdle the milk.) Add salt and pepper. Stir constantly during the combining process.
- 3. Cover and allow to stand over hot water for 10 minutes.
- 4. Slice the bread into strips, toast to a light brown.
- 5. Serve the soup in preheated soup bowls. Accompany with toast strips.

SUMMARY

- 1. Every country has its typical soup or soups.
- Light, clear soups are used to stimulate the appetite at the beginning of a meal.
- 3. Hearty soups may provide the main dish at luncheon or supper.
- 4. Soups should be served steaming-hot accompanied by bread or crackers.

ACTIVITIES

- 1. Plan two simple luncheons one of which includes vegetable soup made with stock and the other cream of vegetable soup.
- 2. Prepare:
 - a. these luncheons at school or at home.
 - b. low-cost soup accompaniment to serve with each of the soups you make. The family may welcome toasted crackers or some form of toasted bread such as croutons or toasted bread strips.
- Compare the soup prepared in class with similar canned soup in flavor and in cost.
- Practice preparing luncheons at home that include soup until you can prepare them quickly and easily.



Living for Young Homemakers

PART 3

SALADS

Early records of Imperial Rome give a recipe for endive and lettuce salad that was dressed with brine, a little oil, and chopped onions. Catherine of Aragon introduced salads to England and kept sending her chefs back to the continent for green vegetables until her gardeners could produce the desired plants in England.

Today we find salads used as appetizers, main courses, accompaniments to the entrée and as refreshments. As appetizers served at the beginning of the meal, they feature crisp greens, vegetables, or tart fruits with the added zest of a highly seasoned dressing. Sea food, meat or cheese salads accompanied by a soup, bread, beverage, and dessert are substantial enough to provide a full meal. A chef's salad is a tossed salad of this substantial kind served in a large wooden bowl or small individual ones. It can be "made to order" by each guest combining his own ingredients or may be prepared by the hostess immediately before serving. An easily prepared tossed salad or a crisp coleslaw that perfectly complements fish may accompany the main course. With a more formal meal, head-lettuce salad with Russian or Thousand-Island dressing is excellent. Salads that serve as refreshments are usually made of frozen fruits or colorful gelatin with fruits. They may be accompanied with olives, small sandwiches or diminutive rolls.



Sunkist

A refreshing summer salad bowl.

Minerals, vitamins, calories, bulk or roughage, and variety in our diet are the contributions of salad. The green leaves are rich in vitamin A and if ingredients are properly handled, they carry significant amounts of health-giving vitamin C. Fat appears in some form in almost every salad dressing. Meat, fish, chicken, or egg salad also contribute protein and from fruits, potatoes, and peas come carbohydrates.

PREPARING SALADS

Since salad materials are of such variety, it is difficult to be specific in giving marketing suggestions. One should learn to recognize and use: escarole, with its broad, curly green leaves; endive, a small delicate leaf served as a whole leaf; chicory, often called curly endive; spinach, the tender, new leaves; watercress, with darker-green, crisp leaves; romaine, large, firm delicate leaves; and lettuce, including the winter variety, iceberg, and Boston and garden.

These greens must be purchased fresh and kept crisp by washing carefully and storing in a vegetable container or bag for salad greens in the refrigerator. Avoid packing or crushing them and while mixing toss them lightly with two forks. No salad is more appetizing than any one of its ingredients.

Tossed and green-vegetable salads must be prepared shortly before serving

SALADS [43

as they will not keep. Some vegetable salads such as potato may be made in advance and stored in a covered refrigerator dish. Gelatin salads also keep well in the refrigerator and of course frozen salads will store satisfactorily in an ice tray in the freezing unit.

Arrangement and pattern are important. Garnishes play the same role in a salad that a color accent does on a dress. Learn to accent or contrast colors in salads with edible garnishes. Green or ripe olives, nuts, and cherries are appropriate for fruit salads. For poultry, fish or meat salads you can use watercress, green and sweet red peppers, stuffed and plain olives, pimiento, green herbs, carrot strips, cucumber, celery curls, onion rings, and radishes. Vegetable salads may be garnished with anything mentioned above except cherries. However, do not "fatigue" the salad with undue handling and do not allow your artistic inclinations to lead you to over-garnish the salad.

If there is room in the refrigerator the salad plates should be chilled before serving. Salads may be accompanied by crisp crackers, toast, sandwiches, cheese balls, small rolls or tiny buttered biscuits.

A good salad has these qualities: thoroughly chilled, drained ingredients, an appetizing and attractive appearance, a suitable dressing that contributes to flavor.

COLESLAW

(Number served: 4)

This salad is probably the least expensive. It is nutritious and can easily be one of the most popular ones. It is appropriate served with fish and meat, and is just right with sandwiches.

Assemble these utensils:

knife cutting board towel mixing bowl fork ice Assemble these supplies:

1 small firm head of cabbage
1 cup cooked salad dressing salt
olives or tomato wedges
for garnish

Steps in Preparation:

- 1. Cut the head in quarters, remove the core.
- Shred cabbage very fine. Place the shredded cabbage in a bowl of ice water or with some ice cubes. Allow to crisp for 10 minutes, if desired.
- 3. Drain in a dry towel just before serving. Add enough salad dressing to merely moisten it and then toss with a fork.
- Place in the serving bowl. Garnish simply with olives or tomato wedges, if desired.



Charles B. Knox Gelatine Co., Inc.

Jellied chicken salad, set off by ripe olives and topped with crisp nuts.

JELLIED MEAT SALAD

(Number served: 6)

Gelatin salads are especially colorful and attractive. They are inexpensive and may use left-over fruits (except fresh pineapple), vegetables, and meats. They may be prepared in advance and kept for use several days. Molds for these salads come in many shapes and sizes.

Assemble these utensils:

measuring cup
measuring spoon
lemon reamer
chopping board
knife
large mixing bowl
large spoon
loaf pan or individual molds

Assemble these ingredients:

- 1 tablespoon gelatin
- 1/4 cup cold water
- 1½ cups hot stock
 - 2 tablespoons lemon juice
 - 1/4 teaspoon salt
 - 1 cup diced meat (beef, veal, ham or chicken
 - ½ cup chopped vegetables (peas, celery, carrot)
 - 2 tablespoons green pepper cut in thin shreds

Steps in preparation:

1. Soften gelatin in cold water for about 5 minutes.

2. Bring the broth to a boil; remove from the fire and add the softened gelatin, lemon juice, and salt. Stir until the gelatin dissolves.

3. When cool, place in the refrigerator to thicken to the consistency of unbeaten egg white.

4. Fold into the thickened mixture the chopped meat, vegetables, and green pepper.

5. Turn into a loaf pan or individual molds and chill several hours.

6. When firm, unmold and serve on salad greens. Garnish with mayonnaise.

Note: If meat stock is not available, 1½ cups hot water and 2 bouillon cubes or canned consomme in the same amount may be substituted.

FROZEN-FRUIT SALAD

(Number served: 6)

This salad is suitable for use on the refreshment plate at a party or for serving at lunch or supper. It may be prepared in advance, with any seasonable or preserved fruits.

Assemble these utensils:

pan for nuts fork measuring spoon measuring cup bowl for whipping cream rotary beater mixing bowl wooden spoon

Assemble these supplies:

1 package cream cheese (3 oz.)

3 tablespoons mayonnaise

1 cup heavy cream, or evaporated milk, whipped

1 cup fruits, assorted—such as

1/3 cup dates

½ cup canned pineapple, drained

1/3 cup cherries, drained

pinch salt

3 tablespoons sugar

½ cup nuts

2 tablespoons butter lettuce

mayonnaise

Steps in preparation:

strainer

can opener

- 1. Sprinkle nuts with butter and toast until a light golden brown.
- 2. Mash cheese, add mayonnaise, and mix until very smooth.
- Add fruits, salt, sugar, and whipping cream, folding lightly until well mixed.
- 4. Place in the freezing tray of the refrigerator, sprinkle with toasted nuts, and put in the freezing unit for about 3 hours or until firm.
- Unmold and slice for serving. Place on a lettuce leaf and garnish as desired.

PREPARING SALAD DRESSINGS

The right dressing can skillfully bring out and add to the flavor of a salad as well as accent the color scheme. There is much wisdom in the Spanish proverb "a spendthrift for oil, a miser for vinegar, a counselor for salt, and a madman for mixing." A homemade dressing is relatively easy to prepare and less expensive than commercial dressing; also the flavor is superior.

The high fat content of salad dressings makes storage in the refrigerator or in a cool place necessary. Special care must be given in storing mayonnaise since the temperature near the freezing unit will cause the ingredients to separate.

A good salad dressing has these qualities: a thickness characteristic of its type, a smooth consistency, well-blended seasonings, an accented flavor, a pleasant color.

SALAD DRESSINGS

TYPE	INGREDIENTS	PREPARATION	USES
French Dressing	Oil Lemon juice or vinegar Salt Paprika Seasonings	Beat well to mix. Shake in bottle to blend.	Tossed salads; base for many variations and marinades
Mayonnaise	Oil Egg Lemon juice or vinegar Salt Seasonings	Blend egg and seasonings. Add oil to make an emulsion.	Fish, egg, and meat sal- ads; base for Russian dressing and Tartar sauce
Cooked Dressing	Fat Acid Liquid Egg Starch Seasonings	Combine and cook in double boiler. This is easy to prepare.	Fruit and vegetable salads
Miscellaneous Dressings	Sour cream Sweet cream Acid Seasonings	Whip cream and combine with seasonings.	Fruit and vegetable salads

FRENCH DRESSING

(3/4 cup)

This dressing is simple and easily prepared. It has many possible variations so that it may be used on almost any salad.

4 ccomb	10	these	utensils:	
Assemo	ie	inese	miensus.	

jar with tight-fitting lid

bowl

measuring spoons measuring cups wooden spoon Assemble these supplies:

½ teaspoon dry mustard

½ teaspoon paprika

½ teaspoon salt

½ teaspoon sugar, optional¼ cup lemon juice or vinegar

½ cup salad oil

Steps in preparation:

- Measure the dry seasonings into a bowl, add the vinegar or lemon juice, and dissolve them.
- 2. Add the oil; mix well, and transfer to a jar. Shake well.
- 3. Just before serving shake again to blend thoroughly.

MAYONNAISE

(3 cups)

In the seventeenth century, mayonnaise was prepared by one of Richelieu's chefs to celebrate a naval victory. It has been popular ever since in many countries. Unless detailed directions are followed it is not easy to prepare mayonnaise. The chief difficulty lies in adding the oil *not faster* than a drop at a time until the first half cup has been added. A rotary beater or electric mixer may be used.

Assemble these utensils:

measuring cup measuring spoons rubber scraper

rotary beater or mixer

lemon juicer

knife

deep mixing bowl

covered storage jar

Assemble these supplies:

½ teaspoon mustard

½ teaspoon salt

1/4 teaspoon sugar pinch pepper pinch paprika

1 egg

2 cups salad oil

3 tablespoons lemon juice or vinegar

Steps in preparation:

- 1. Measure seasonings into a bowl. Blend, and add egg. Mix well.
- 2. Gradually add the first ½ cup of the oil, almost drop by drop, beating well. Then add the lemon juice and the rest of the oil slowly and continue beating all during these additions.
- 3. Transfer to the covered refrigerator jar and store.

COOKED SALAD DRESSING

(3 cups)

This type of dressing is easy for the inexperienced cook to prepare. It is inexpensive and not as rich as mayonnaise.

Assemble these utensils;

double boiler
measuring cup
measuring spoons
wooden spoon
rotary beater

bowl

knife lemon reamer

sifter

storage jar with top

Assemble these supplies:

- 3 tablespoons flour
- 2 tablespoons sugar ½ teaspoon dry mustard
 - 2 teaspoons salt
 - 2 cups milk 1 egg
- 1/3 cup vinegar or lemon juice
- 2/3 cup fortified margarine or butter

Steps in preparation:

- 1. Sift the flour, sugar, salt, mustard, into the top of a double boiler.
- 2. Add ¼ cup milk and stir until smooth. Carefully add the remaining milk.
- 3. Cook over low heat until the mixture thickens. Stir constantly.
- Place over hot water in the bottom of the boiler. Cook 10 minutes and stir occasionally.
- Beat the egg well, add the lemon juice, and heat. Slowly add to the cooked mixture and cook until well blended.
- Remove from heat, add butter. While cooling beat with the rotary beater about twice for improved texture.
- 7. Cool and store in a covered container.

SUMMARY

- Salads are used as appetizers, main dishes, accompaniments to the entrée, and as refreshment plates.
- 2. No salad is more appetizing than its ingredients.
- Garnishes play the same role in a salad that color accents and accessories do on a dress.
- 4. The simple arrangements are the most attractive.
- 5. A salad dressing is inexpensive, easy to prepare, and especially delicious when prepared at home.

ACTIVITIES

 Assume responsibility for the marketing and storing of salad materials over a period of time if you are not fortunate enough to have a garden with fresh salad materials in it. QUICK BREADS [49

2. Prepare:

a. the salads for one meal each day during the week. (In medieval days it was the privilege of the most attractive daughter in each family to prepare the salad.)

- b. a gelatin salad for Sunday dinner. Remember the rules for using gelatin.
- c. different types of salad dressing. Compare these in flavor and cost with commercially prepared dressings. Learn to vary the dressing with different types of salads.
- **3. Collect** colored pictures from magazines that illustrate simple and attractive salads. These will be helpful to you in planning a variety of salads.



QUICK BREADS

Stone Age women pulverized cereals between stones, moistened the crushed grains with water, shaped them into small cakes, and covered them with ashes before baking them on heated stones or in small ovens. It is thought that the first fermentation was accidental but the resulting lightness of texture was pleasing enough for the process to be continued. Egypt had the first public ovens. They were erected in every village by the time of Pharaoh's reign. Bread was made in China at this same time. Trajan, the Roman Emperor (98–117 A.D.), was so impressed with the making of bread that he had a college established for bakers. Its graduates were eligible to become senators. The ancient Greeks used over sixty varieties of bread and perfected bread-



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making until it became a real art. White bread appeared in early Egypt and then again in the Middle Ages at which time it was prepared for church services. Any surplus was sold to the nobility. Biscuits were first made during the Middle Ages to provide a simple food for sailors, travelers, and soldiers. These biscuits were hard and unpalatable but, because they packed easily and were slow to spoil, they were considered a practical food to take on long voyages. Many interesting traditions are woven around the giving and receiving of different forms of bread. In the nineteenth century gingerbread was still one of the Christmas festival breads in France. In the sixteenth and seventeenth centuries, gingerbread was an acceptable gift at births, weddings, and funerals. The design of the cake and the decorations on it varied according to the nature of the domestic event.

Everybody enjoys a freshly baked batch of crunchy bread hot out of the oven. This bread may be of the quick-bread or of the yeast-bread variety. Quick breads are especially suited to luncheons and suppers because they can be mixed and baked in so short a time. Unlike yeast breads which must be given time to rise, quick breads must be baked in as short a time as possible after mixing. The most popular quick breads are biscuits and muffins. Other varieties are popovers, griddle cakes, waffles, corn bread, gingerbread, and nut and fruit breads. Contrary to popular opinion, quick breads are not difficult to prepare. However, the mixing and baking of a quick bread is an exacting procedure. Care in measuring and mixing is important, but once you have mastered the simple techniques, the preparation of a good muffin or biscuit becomes almost a routine matter.

INGREDIENTS USED IN PREPARING QUICK BREADS

A careful study of the basic ingredients and the manner in which they affect the finished product is essential for good results. For the beginner, it is a good practice to use basic recipes until the proportions are learned or easily recognized. In a short time the worker will find that she is able to make substitutions in the basic recipe in order to make the different kinds of quick breads. Quick breads all contain essentially the same ingredients—flour, liquid, fat, leavening agent, and sometimes salt, sugar, and eggs for flavor. It is the difference in proportions that make the variety.

Flour mixtures are divided into batters and doughs, depending on their pro-

PROPORTIONS	OF	FLOUR	то	LIQUID	USED	IN	BATTERS	AND	DOUGHS

	LIQUID (CUPS)	FLOUR (CUPS)
Pour Batters		
Griddlecakes	3/4 to 1	1
Popovers	1	1
Waffles	1	11/4
Drop Batters		
Muffins	1/2	1
Drop Biscuits	1/3 to 1/2	1
Dough		
Rolled Biscuits	1/3	1

QUICK BREADS [51

portion of liquid to flour. A batter contains enough liquid to be stirred. It may be either a *pour batter* of the consistency of cream or a thicker *drop batter*. Doughs contain relatively little liquid and must be rolled.

When you go to the grocery store to buy flour you are confronted with many varieties which have different characteristics depending on the method of milling and the kind of wheat from which they were made. The homemaker who wishes to purchase a flour that can be used for all kinds of breads, cakes, and pastries will find enriched all-purpose or family flour best suited to her needs. All-purpose flour is made by blending wheat flours of various strengths to give the flour the necessary strength for all types of baking.

Cake and pastry flours are made of soft wheats. Flours from soft wheat can be identified by their velvety texture as contrasted to the gritty texture of the stronger flours. Experts can identify the various types of flour by taking a small amount of flour and rubbing it between the thumb and finger. In many localities, self-raising flours are now available. These are very satisfactory to use, although they may be slightly higher in price than the other wheat flours. It is important to remember that the self-raising flours have the baking powder and salt added to them and, therefore, accompanying directions must be followed carefully.

In the process of making refined or white flours, meals, and breakfast cereals, the outer coating and the germ are removed from the wheat grain. These are the most essential parts of the grain since they contain almost all of the vitamins and minerals. Because the demand for white flour is great and such large amounts of it are consumed in comparison with the more nutritious and flavorsome whole-grain flours, some method of improving the nutritive qualities of the white flour was sought and found. The solution came during World War II. An order was issued requiring the enrichment of all-purpose white flour. This was originally thought of as a temporary war measure, but since the war, many state legislatures have passed laws making it a permanent requirement. White flour is enriched by putting back some of the vitamin B₁, niacin, and iron which was taken out in the refining process. Enriched flour may also contain vitamin D, riboflavin, calcium, and phosphorus. However, nutritionally speaking, enriched white flour is still not as good as 100 per cent whole-wheat (graham) flour. The only disadvantages of whole-wheat flour are that it cannot serve all purposes and that it doesn't keep as well as white flour. For that reason it is not available in the markets during the summer.

Liquids are essential in flour mixtures to dissolve certain solids. Milk is the most desirable liquid for flavor, appearance, and texture. Dried or evaporated milk, properly diluted and reconstituted, can be used satisfactorily.

Fats are used primarily to add tenderness to or to "shorten" the mixture. Any fat that does not have an unpleasant flavor can be used. Butter or enriched margarine increase food value and flavor, but for most purposes in baking other vegetable and animal shortenings are considered just as good. If young children are to eat the product, however, the extra nutritive value of butter and fortified margarine makes them more desirable.

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By definition, a *leavening agent* is a substance used to make foods light and porous. In a quick-bread mixture baking powder is usually the leavening agent. This consists of baking soda, an acid salt, and starch. When baking powder is combined with liquid, carbon dioxide gas results. This expands when heated and causes the flour mixture to rise. Since even the slightest trace of moisture starts the action of the baking powder, starch is added to the other ingredients to absorb moisture that might be present. For this reason baking powders are carefully stored in tin boxes to keep out the air and prevent moisture from coming in contact with the contents.

There are three types of baking powder on the market. The difference among them is the acid salt used and so they are identified by that ingredient as phosphate, tartrate and sodium aluminum sulphate-phosphate, often called double-acting. The first two are faster acting than the third. Be sure you read the label on the can and know which kind of baking powder you are using. The general rule is to use from $1\frac{1}{2}$ to 2 teaspoons of quick-acting (tartrate and phosphate) or 1 to $1\frac{1}{2}$ teaspoons of the slow-acting powders (S.A.S.-phosphate) to each cup of flour. A compromise amount is used in this text: $1\frac{1}{2}$ teaspoons of any type baking powder for 1 cup of flour.

Sour milk and soda also form a leavening agent when mixed together. In general, ½ teaspoonful of soda neutralizes 1 cup of sour milk. In thin batters, the soda and milk usually provide enough leavening. For thick batters and dough, additional baking powder must be added. The leavening power of ¼ teaspoonful of soda is equal to 1 teaspoonful of quick-acting baking powder.

Other leavening agents that help quick breads to rise are air and steam. As you learned if you took physics they both expand when heated. Air can be incorporated in a mixture by beating it and by creaming the shortening. Steam forms in batters which contain a large proportion of liquid. Popovers are an example of a flour mixture leavened by steam.

Sugar imparts a sweet flavor to the mixture and may affect texture and browning of the exterior surface. Brown sugar may be substituted for granulated in the same proportions if that flavor is preferred.

Eggs are added for flavor and for creating greater rigidity in the texture. Sometimes, eggs are used to blend air into a dough or batter and thus leaven it.

MEASURING

In your grandmother's day a cup of flour might mean anything from a demitasse to a mug. The acceptance of standard measuring equipment has helped to eliminate a great number of failures in baking. The standard capacity for measuring cups is one fourth of a liquid quart. A tablespoon is one sixteenth of a cup. Sets of measuring spoons and cups are made in tin, aluminum and colored plastics and are inexpensive and a good investment. Those who rely on their own judgment in measuring may sometimes be successful, but frequently their baked products are inferior. Failure is passed over lightly with the remark, "I did not have luck with my biscuits today." Luck has very little



Ann Pillsbury's Home Service Center

Precision in measuring is something everyone should learn.

to do with the production of high-quality products. Accuracy and precision account for success.

When you measure dry ingredients:

- 1. Use standard measuring spoons and cups.
- 2. Sift white flour before measuring. Sift it in small portions and fill the measuring cup with a tablespoon or scoop. Apparently, there is no sound reason for sifting flour several times, but it is important to sift it just before using it. Level the top with the straight edge of a spatula or knife. Take care not to pack the flour by tapping the cup with the spoon.
- 3. Stir whole-grain flour and meals with a fork rather than sift, then measure like white flour.
- 4. Shake or stir baking powder, cornstarch and salt before measuring them in order to break up any lumps. Take up a heaping spoonful and level off with the straight edge of a spatula or knife.
- 5. Do not sift *white sugar* unless it has lumped. Fill the measure with sugar to overflowing and level off the excess.
- Brown sugar that has lumped should be rolled and sifted before measuring; then pack into measure just enough for the sugar to mold to the shape of the cup when turned out.
- 7. Confectioner's sugar should be rolled and sifted before it is measured. It should be handled carefully to avoid packing.

When you measure solid fats:

1. Permit solid fats to stand at room temperature before measuring.

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- 2. Measure solid fats by packing fat firmly into the measure until full.
- 3. Measure a fraction of a cup of solid fat by using an individual cup of a set of cups containing ½4, ½3, or ½ cups or measure in tablespoons.
- 4. Use the edge of the spatula to level off the surface of solid fat, since fats show a resistance to leveling off.
- 5. As an alternative, the water displacement method can be used for solid fats. If the amount of fat to be measured is ½ cup, the measuring cup is filled with cold water up to the one-half mark. Enough fat is added to the water to bring the water level up to the mark for one cup. The fat must be thoroughly covered with water. Drain off the water.

When you measure liquids:

- 1. Use a measuring cup which has the one-cup mark below the rim.
- 2. Measure syrups, liquid fats, milk, and all other liquids by pouring directly into the measure up to the desired marking.
- 3. Use a brush or spoon to scrape out the last few drops of syrups and oils. Using weight and measure equivalents is often a short cut in measuring. A study of the following table will save you time in your future cooking career.

SOME	WEIGHT	AND	MEASIDE	EQUIVALENTS

FOOD MATERIAL	WEIGHT	MEASURE 8 cups	
Bran, dry	1 pound		
Butter	1 pound	2 cups	
Cheese, grated cottage	1 pound 1 pound	4 cups 2 cups	
Chocolate	1 ounce	1 square	
Flour, enriched all-purpose cake whole wheat	1 pound 1 pound 1 pound	4 cups 4¾ cups 3¾ cups	
Marshmallows	1 pound	60-80	
Milk	1 quart	4 cups	
Molasses	12 ounces	1½ cups	
Raisins, seedless	1 pound	2-21/2 cups	
Sugar, brown confectioner's granulated	1 pound 1 pound 1 pound	2½ cups 3½ cups 2 cups	
Walnuts, chopped	1 pound	32/3 cups	

BAKING

Now that the moment for baking is near the first thing to do is to make sure that the oven racks are in the right position. They should be as near the center of the oven as possible. If two racks are going to be used, allow enough space for increased volume and for the circulation of air.



Lipton Kitchens

Cinnamon buns fresh from the oven add their spicy cheer to a tea-party on a cool afternoon.



Robert E. Coates-Woman's Day

This casserole of lentils and frankfurters was a prize-winning dish in a nation-wide contest for economy company meals.

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Light the oven well in advance and set the control at the temperature given in the recipe. Assemble ingredients and utensils. Oil the pans with a tasteless and odorless shortening, using a pastry brush or a small piece of wax paper. Be sure to oil the sides as well as the bottom. Iron muffin pans can be warmed before they are oiled—making the process easier. Biscuit sheets do not need to be oiled. Now you are ready to start mixing.

Biscuits. The technique of mixing biscuits is to make a well in the dry ingredients and pour the liquid in all at once, stir until blended and then turn out on a lightly floured board and knead for about twenty strokes.

It is important to get the right proportion of liquid to flour. This is not always easy since some flours absorb more liquid than others and therefore the exact amount cannot be given in a recipe. By using the same brand of flour each time the right proportion may be determined. Otherwise proceed with caution. If you use too much liquid the dough will be sticky and if you don't use enough it will be hard and dry—both conditions making it hard to work with.

Roll the dough into a rectangle or circle one half as thick as the desired thickness of the biscuits using light, short strokes. You have to roll the dough only once for rectangular biscuits. Dip the biscuit cutter or knife into flour and cut straight down. Do not use a twisting motion.



Ann Pillsbury's Home Service Center

ROLLED BAKING-POWDER BISCUITS

(10-12 medium sized biscuits)

Assemble these utensils:

flour sifter

large bowl with sloping sides

pastry blender

nest of measuring cups

set of measuring spoons

wooden spoon pastry board

rolling pin biscuit sheet

spatula

fork

knife or biscuit cutter

Assemble these supplies:

- 2 cups sifted enriched flour
- 3 teaspoonfuls baking powder
- ½ teaspoon salt
 - 4 tablespoons shortening
- 2/3 to 3/4 cup milk

Steps in preparation:

- 1. Turn on oven. Set temperature control at 425° F.
- 2. Assemble all supplies and utensils needed.
- Measure sifted flour, baking powder, and salt and sift all three into a bowl.
- 4. Measure fat and cut into flour with pastry blender or two spatulas. Use light strokes and continue working the shortening into the flour until the mixture looks like coarse cornmeal.
- 5. Make a slight depression or well in the flour, baking powder, and salt mixture, and pour in the liquid. Mix lightly and quickly with fork until the mixture thickens into a smooth, soft dough. Dough should be easy to handle.
- 6. Turn out dough on floured pastry board and knead it for 20 strokes. Be careful not to have a coating of flour on the surface of the biscuit dough.
- 7. Pat or roll the dough to a thickness of about ½ of what you want the final thickness to be. Cut with floured biscuit cutter or knife by pressing straight down quickly. Do not use a twisting motion.
- 8. Lift the biscuits with a spatula and place them, about ½ inch apart, on an unoiled pan.
- 9. Bake in a hot oven, 425° F. for 12-15 minutes.

Good biscuits should have these qualities:

- a volume increased to twice that of the unbaked dough,
- a shapely and symmetrical exterior with straight sides and a level top,
- a lightness in proportion to size,
- a smooth top of delicate, golden brown,
- a creamy white, flaky interior,
- a delicate flavor, without a trace of bitterness.



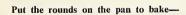
Cut shortening in with light strokes.



Good biscuit dough is easy to handle.



A little deft kneading for flakiness.





Roll very lightly and flour slightly.







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Muffins. Piping hot, fragrant muffins work wonders with a meal. Like biscuits, they require careful handling in mixing. The most common fault is too much handling of the batter and too long delay in placing the muffins in the oven. Speed in mixing the dry and liquid ingredients is essential to avoid loss of carbon dioxide gas. The batter should be mixed just enough to barely moisten the dry ingredients with the liquid ones. A few extra strokes will result in a tough muffin of small volume. Overmixing causes large holes in the interior of the muffin and knobs on the exterior.

MUFFINS

(1 dozen medium-sized muffins)

Assemble these utensils: 2-quart, heavy mixing bowl with sloping sides small bowl set measuring spoons set measuring cups liquid measuring cup wooden spoon

flour sifter muffin pans egg beater

Assemble these supplies:

2 cups sifted enriched flour 3 teaspoons baking powder

½ teaspoon salt

2 tablespoons sugar

1 cup milk

3 tablespoons melted shortening

1 egg

Steps in preparation:

- 1. Turn on the oven and set the temperature control at 425° F.
- 2. Assemble all supplies and utensils needed.
- 3. Oil muffin pans—including the sides of the cups.
- 4. Mix and sift together the dry ingredients.
- 5. Beat the egg until it is foamy.
- 6. Mix the milk and egg and add the melted fat.
- 7. Stir the liquid vigorously and quickly into the dry ingredients, stirring just until they are moistened (about 20 stirs). At this point the batter will be lumpy rather than smooth.
- 8. Quickly, without additional stirring, put the batter into muffin pans, filling them about 3/3 full.
- 9. Fill any unused cups of the muffin pans half full of water to prevent the pan from warping.
- 10. Bake the muffins in a hot oven, 425° F. about 23 minutes or until golden brown. Serve hot.

Good muffins should have these qualities: a rounded top free from knob-like projections, a tender, golden brown crust, pebbly in appearance, a lightness in weight in relation to size, an even-textured crumb without any vertical tunnels, a delicate flavor without a trace of bitterness.





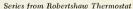
Here is a well-prepared muffin baked at optimum temperature.





Too low a baking temperature produces poor shape, pale color, and a soggy, compact interior.

Too hot a baking temperature produces knob-like projections, a thick, cracked top crust, a compact appearance, too brown a color, and a coarse grain.









Carnation Company

Prune nut bread may be served with cottage cheese rather than butter for a change.

Quick loaf breads. Since loaf breads, because of their size, take longer to heat through than muffins or biscuits, they are cooked at a lower temperature. The oven temperature must be low enough for the bread to expand before a crust forms on top and to bake through before the crust becomes too hard or brown. For a small or medium loaf a moderate oven (350° F.) is used. For a larger loaf a lower temperature is required.

PRUNE NUT BREAD

(medium-sized loaf)

Assemble these utensils:

2-quart, heavy mixing bowl with sloping sides small bowl set of measuring spoons nest of measuring cups liquid measuring cup wooden spoon flour sifter

loaf pan, 91/2 by 51/2 inches

Assemble these supplies:

- 3 cups sifted enriched flour
- ½ teaspoon baking powder
 - 1 teaspoon soda
- 1½ teaspoons salt
 - 1 egg, slightly beaten
 - 1 cup sour milk
 - ½ cup prune juice
 - 1 cup chopped cooked prunes
 - ½ cup chopped nut meats
 - 3 tablespoons shortening, melted
 - ½ cup sugar
 - ½ teaspoon cinnamon

Steps in preparation:

- 1. Turn on oven and set the temperature control at 350° F.
- 2. Assemble all supplies and utensils needed.
- 3. Oil loaf pan sides and bottom.
- 4. Mix and sift together the flour, baking powder, soda, salt, granulated sugar, cinnamon.
- Combine egg, milk, prune juice, and melted fat. Stir into the dry ingredients quickly and lightly. Add prunes and nuts. Pour the batter into the loaf pan.

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- 6. Place in oven and bake for about one hour.
- 7. The bread is done when the crust is brown and when no particles of dough cling to a toothpick thrust into the center of the loaf. Turn out on a rack to cool.

A good guick loaf should have these gualities: good proportions, evenly rounded top, a slightly rough surface crust, free from cracks, lightness in weight in proportion to size, a medium-fine, moist, tender crumb, a grain with round, even cells, free from tunnels.

GINGERBREAD

(12-16 portions)

Gingerbread is a favorite with young and old. This spicy quick bread is a very satisfactory dessert. It is occasionally served as a breadstuff. Gingerbread may be made with sweet milk or water and baking powder, or with sour milk and soda. The baking-powder gingerbreads are usually lighter in color and a more delicate flavor. Gingerbread is baked at a low temperature because of the molasses, which burns easily.

Assemble these utensils:

2-quart, heavy mixing bowl with sloping sides small bowl set measuring spoons nest of measuring cups liquid measuring cup wooden spoon flour sifter oblong pan, 9 by 13 by 2 inches egg beater small saucepan toothpick

Assemble these supplies:

- 3 cups sifted enriched flour
- ½ teaspoon soda
 - 2 teaspoons baking powder
- 1/2 cup sugar
- ½ teaspoon salt
 - 1 teaspoon ginger
- 1/2 teaspoon cloves
- 1/2 teaspoon cinnamon
- 2 eggs, beaten
- 1 cup milk
- 1/2 cup melted shortening
- 1 cup molasses

Steps in preparation:

- 1. Turn on oven and set the temperature control at 350° F.
- 2. Assemble all supplies and utensils needed.
- 3. Prepare pan for baking. Oil sides and bottom.
- 4. Sift the dry ingredients together.
- 5. Combine the beaten eggs, milk, and melted fat, and add this mixture to the dry ingredients, stirring in the molasses last.
- 6. Bake for 30 to 40 minutes.
- 7. The gingerbread will be done when it shrinks away from the sides of the pan and no particles of dough cling to a toothpick thrust into the center of the bread.

SUMMARY

- Quick breads are made in a relatively short period of time and are usually served hot.
- 2. The different kinds of quick breads are determined mainly by the proportion of liquid to dry ingredients.
- 3. The basic ingredients common to all quick breads are flour, a liquid, fat, and a leavening agent. Often added to these are sugar or other sweetening, salt, eggs, and flavoring.
- 4. A leavening agent is added to a flour mixture to make it light and porous.
- 5. The leavening agent most commonly used in quick bread is baking powder. Baking powder is a compound consisting of baking soda, an acid substance, and starch. When baking powder is in a flour mixture and moisture is added, carbon dioxide gas is given off. When heat is applied, the gas expands and causes the flour mixture to rise.
- 6. There are several types of baking powder on the market. To determine the type of baking powder, read the label on the container.
- 7. Correct measurement of ingredients is particularly important in baking.

ACTIVITIES

1. Demonstrate in class:

- a. the correct procedure for measuring dry and liquid ingredients.
- b. how to prepare the oven for baking.

2. Examine in class:

- a. and try out different brands of baking powder. Classify them according to type and compare them for cost and efficiency.
- and compare all-purpose cake and bread flour for texture, color, use, and cost.
- 3. Compare the cost of home-made muffins with those purchased commercially, and with those made with two or more varieties of packaged mix. How do the commercial products measure up to the qualities for a good muffin?
- 4. Prepare at home, with your mother's permission, some hot breads that you have not prepared in class. Keep a record of your successes and failures.

5. Practice:

- a. making muffins using the muffin method until you get a product that measures up to the list of qualities for a good muffin.
- b. making biscuits.
- 6. List ways of keeping quick breads warm until meal time.



Official Photograph, Board of Education, City of New York

The real proof of your cooking ability is enjoyment of what you've cooked.

PART 5

PREPARING AND SERVING A LUNCH

You have studied soup, salads, and quick breads. Add them together and presto, a lunch. Although you undoubtedly have ideas of your own, how about starting out with the following menu? It is organized for a double class period extending into your lunch hour and planned to be made—and eaten—by groups of four representing an average family. Each group should choose its own hostess.

Corn Chowder
Tomatoes Stuffed with Cottage Cheese
Whole-Wheat Muffins
Baked Apples

Organization is the keynote to success in any job. Every step must be planned in order to have the entire meal ready to serve on time. The first step after a menu has been decided on is to read the recipes carefully and make a chart of just what jobs have to be done and when and by whom. The recipes and a sample chart follow.

CORN CHOWDER

(Number served: 4)

Assemble these utensils:

2-quart, double boiler and cover long-handled wooden spoon

long-nandled w

potato parer paring knife chopping board

set measuring spoons

set measuring cups

can opener

Assemble these supplies:

1/4 cup diced salt pork1/2 cup chopped onions

1½ cups canned corn (cream style)

1½ cups boiling water

1 teaspoon salt

1/8 teaspoon pepper

2 cups milk

1 cup diced potatoes4 large soda crackers

Steps in preparation:

- 1. Peel potatoes and onions.
- 2. Dice salt pork, potatoes, and onions.
- Measure salt pork and place in top of double boiler over direct heat; cook until all of the fat is extracted.
- 4. Add onions to salt pork and cook just until the onion is yellow.
- 5. Add potatoes, salt, and boiling water to the onion-pork mixture. Cover and cook until potatoes are soft.
- 6. Add milk and corn and simmer slowly for a few minutes.
- 7. Place over bottom of double boiler.
- 8. Pour over crumbled soda crackers just before serving. Serve hot in preheated soup bowls.

STUFFED TOMATO SALAD

(Number served: 4)

Assemble these utensils:

paring knife

large bowl kitchen spoons chopping board

cheese cloth 4 salad plates Assemble these supplies:

8 lettuce leaves4 sprigs watercress

4 medium-sized ripe tomatoes

1 pound of cottage cheese

salt

Steps in preparation:

- Remove hard core from lettuce and place stem down in bowl of cold water for a few minutes. This will loosen lettuce leaves.
- Wash lettuce leaves carefully; drain, tie in cheese cloth, and shake. Arrange in cups on plates.
- 3. With the point of the paring knife remove area around stem end of tomato. Cut the tomato into six sections, making cuts only halfway through the tomato.
- 4. Mix cottage cheese with salt. Spread open the tomatoes and fill with cottage cheese. Shape the cheese into a neat, attractive mound.

- 5. Arrange stuffed tomatoes in center of lettuce cup. Garnish with a fresh sprig of watercress. Place salads in refrigerator to chill.
- 6. Serve cold.

SALAD DRESSING

The girl who makes the salad may decide on one of the dressings she learned to make in Part 5 and prepare that. She must include it in the Time Work Schedule.

WHOLE-WHEAT MUFFINS

Review the basic muffin recipe on page 58. Plan to substitute:

3/4 cup sifted enriched flour and

1 cup whole-wheat flour for 2 cups sifted all-purpose flour

1/4 cup brown sugar for 2 tablespoons sugar
1 teaspoon salt for 1/2 teaspoon salt

The wheat flour should not be sifted, but should be stirred into the sifted dry ingredients. Otherwise proceed according to the basic recipe.

BAKED APPLES

(Number served: 4)

Assemble these utensils: Assemble these supplies:

apple corer or paring knife 4 medium-large, tart apples

baking pan (cover not necessary, 4 tablespoonfuls brown sugar

but can be used)

4 teaspoonfuls raisins toothpicks

Steps in preparation:

- 1. Wash apples.
- 2. Remove core halfway to the blossom end. Remove a thin strip of skin from around center of apple to prevent skin from bursting.
- 3. Pour ½ inch layer of water into baking pan; fill the centers of the apples with sugar and raisins.
- 4. Cover pan and bake in hot oven 375° F. to 400° F. until done. (For a good glaze over apple, leave off cover and spoon syrup over apples every ten minutes.
- 5. Test by piercing with a toothpick. The toothpick will meet with little resistance when the apple is done. (25 to 30 minutes.)
- 6. Serve warm.

A well-baked apple has these qualities:

- a glazed exterior, free from burned areas,
- a firm compact appearance,
- a soft, but not mushy interior,
- a pleasing combination of tart and sweet flavors.



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TIME WORK SCHEDULE (Use a form similar to the following. Do not write in this book.)

JOB TO BE DONE	WHO WILL DO IT	TIME TO BEGIN	TIME TO FINISH
Turn on oven and set temperature control at 400° F.)	10:45	
Prepare apples for baking. Place in oven.	1	10:45	10:55
Prepare salad and place in refriger ator.	-	10:55	11:05
Prepare corn chowder and keep ho over bottom of double boiler.	t	11:05	11:25
Remove apples from oven. Raise oven temperature to 425° F		11:15	
Prepare muffin pans for baking. Mix muffin batter and put muffins ir oven.	(11:25	11:48
Set table.		11:35	11:45
Pour water and milk into glasses.		11:40	
Cut butter and place on plates.		11:42	
Place salads on table		11:45	
Remove muffins from oven and from tin and place on plate. Cover with linen napkin		11:48	
Serve chowder in soup bowls and place on service plates on the table		11:50	
Luncheon is ready.		11:52	

Now that parts have been assigned each cook should reread her particular recipe and make a list of the ingredients which will have to be bought. In order not to miss any, also list the ingredients which you think are on hand and check this list against supplies before you turn your shopping list over to your hostess who will be responsible for seeing that the ingredients are bought.

PLANNING THE MARKET ORDER

SUPPLIES TO BE PURCHASED	SUPPLIES ON HAND
For the Corn Chowder	
1 No. 2 can creamed corn	Salt
1 pound potatoes ¹	
1 pound onions ¹	
1 quart milk	
1 box pilot crackers	
¼ pound salt pork	
For the Salad	
1 head lettuce	Salt
4 medium-sized ripe tomatoes	
1 pound cottage cheese	
Watercress	
Dressing ingredients	
For the Muffins	,
½ dozen eggs	Enriched flour
	Whole-wheat flour
	Baking powder
	Brown sugar
	Shortening or oil
	Milk
	Salt
For the Baked Apples	
4 medium-large, tart apples	Brown sugar
1 box raisins	Toothpicks
For the Beverage	
1 quart milk	

¹ Larger units can be purchased, if it is economical to do so.

SERVING THE LUNCHEON

A meal is well served when there is a minimum of effort and confusion. Once again careful planning is essential. In order to cut bobbing up and down to a minimum, one of the group should volunteer to serve. When the group is seated the hostess sits at the head of the table and the girl who will serve sits nearest the kitchen.

The hostess gives the signal for the meal to begin by halfway unfolding her napkin below the edge of the table and picking up her soup spoon. She eats

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slowly, dipping the soup spoon away from her. Although she was the first to begin, she should be the last to finish, giving everyone else a chance to finish before she does.

After the hostess has nodded to the girl who is serving to indicate that the first course is finished, the server goes to the left of the hostess and with her left hand, removes the soup bowl with its service plate and spoon. She transfers these to her right hand as she steps to the next person and removes the soup service with her free left hand. She returns to the kitchen with these. This procedure is followed until all the soups are removed. The server then transfers the salads from the refrigerator to a tray which she carries in to the buffet or serving table in the dining room. With a salad in each hand she steps to the left of the hostess and places a salad in position; the second plate is set in front of the guest of honor in the same manner. The muffin plate may be passed around while she is serving the salads and refilling the water glasses, standing at the right of each cover and pouring, without lifting the glass, until each glass is three-quarters full.

When the salads are finished, at a signal from the hostess, the girl who is serving steps to the hostess' left and removes the salad plate with her left hand and the bread-and-butter plate with her right. When she has collected these plates and the salt and peppers and the muffin plate, she can carry them out to the kitchen on the tray she used to bring them in and pick up the baked apples on the same tray. Each one should be set on a service plate with the dessert spoon beside it on the right. If a fork were used it would be on the left side of the service plate.

It may be necessary to crumb the table before serving dessert. The girl who is serving should carefully brush the crumbs with a napkin into a plate at the left of each cover, being careful not to drop any on the floor or on anyone's clothes.

REVIEWING THE LUNCHEON

Do not be discouraged if you do not finish on schedule or if you get the steps in preparation somewhat mixed the first time you prepare a meal at school. The *important thing is to profit* by what you have learned so that the next time you will notice a decided improvement. Ways of saving time are worth thinking about. One or two minutes saved on each phase of preparation will add up to a good ten or fifteen minutes. Steps saved will spare you energy as well as contribute toward your good nature. Analyze your luncheon in detail. Once you recognize where your weak places are, you can easily make a plan for improvement. On the next page vou will find a check-up chart which will help you in your analysis.

LUNCHEON CHECK UP

(Use a form similar to the following. Do not write in this book.)

EXCELLENT GOOD FAIR POOR COMMENTS

Was the Menu a Good One?

Were the food needs of the group considered?

Were good color contrasts planned? Were good flavor contrasts planned?

Were good texture contrasts planned?

Was the Food Well Prepared?

Was the soup well prepared?

Were the salads well prepared?

Was the desert well prepared? Was the hot bread well prepared?

Was the Meal Well Served?

Was the meal served on time?

Was hot food served hot?

Was cold food served cold?

Was the food attractively garnished?

Was the food attractively placed in the dishes?

Was the Table Attractively Set?

Did the table have an orderly look? Was a suitable centerpiece provided?

Were necessary articles missing from the table?

Were unnecessary articles placed on the table?

Was There Good Organization of Time?

Was sufficient time allowed for the preparation of food?

Were unnecessary utensils used for the preparation of food?

Was the kitchen disorderly looking?

SUMMARY

- 1. Organization is the keynote to success.
- A meal is well served when there is a minimum of effort and confusion and when basic rules are followed.
- A good way to learn is to review your efforts and find out where your weak spots are.

ACTIVITIES

Figure out the cost per person of the luncheon you prepared in class. Think
up two other well balanced luncheons and compare them in cost with the
one you have just served.

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2. Demonstrate in class:

- a. the value of using a tray to cut down time when setting a table.
- b. any other ways you can think of to save time in preparing this luncheon.
- 3. Prepare and serve all by yourself at home a luncheon or supper similar to the one prepared in class.

4. Plan:

- a. luncheons that can be prepared in twenty minutes.
- b. a time schedule for each. Try them out at home.



VEGETABLES

Vegetables were known to the Romans, but for the most part they were looked upon as medicinal herbs rather than as food and were prescribed by physicians for the sick. Lettuce especially was held in high esteem. A story is told about how the life of Emperor Augustus was saved by the timely administration of lettuce. In the Middle Ages, cucumbers were valued for reducing temperatures in fevers. Fortunately, we don't have to wait until we get sick to enjoy them.

Regardless of the season of the year, we can enjoy crisp, colorful vegetables served to suit our taste either raw or cooked. Today much emphasis is placed on the use of vegetables in our meals because of their pleasant and distinctive qualities of color, texture, flavor, and their health-giving properties. Since much of the production upon which the life of the plant depends goes on in the leaf, the leafy vegetables are a storehouse of nutrients including iron, calcium, and vitamin A. Growing shoots such as asparagus are somewhat similar in composition to leaves. The stalks and flowers are from fair to good sources of calcium. Vitamin A is also formed by carotene, the yellow coloring pigment present in vegetables such as carrots and sweetpotatoes. Caloric intake is increased when white potatoes, sweetpotatoes, corn, and dried legumes are eaten. In fact the potato is one of our best investments in good health. It is an economical source of energy, has some protein of good quality, and has appreciable amounts of iron, vitamin C, and B-complex. In order to preserve these vitamin values, potatoes should always be cooked in their skins.

Our supply of vegetables comes to us from local farms and from farms in far-off parts of the nation. From the northern states come most of the hardier vegetables such as onions, beets, carrots, cabbage, turnips, rutabagas, parsnips, potatoes, and squash. To the gardens and farms of Florida, Texas, and California we look for a springtime variety of vegetables among which are tomatoes, spinach, peppers, eggplant, lettuce, escarole, endive, broccoli, cauliflower, and green peas.



H. Armstrong Roberts

BUYING VEGETABLES

With the large supply we have to choose from, only the freshest vegetables should appear on our tables. Limp, wilted vegetables are poor buys no matter what the price. They lack eye appeal and are lower in nutritive value than fresh vegetables. For the same reasons it is also wasteful to buy large quantities of vegetables at one time, unless good storage facilities are available. Potatoes, rutabagas, and onions can be stored for fairly long periods of time in a cool section of the cellar that is well protected against dampness. The more perishable vegetables should be purchased daily or several times during the week.

When you buy vegetables, here are some things to keep in mind:

- 1. Buy only fresh vegetables.
- 2. Buy only the quantity you can use while they are still fresh.
- Select a vegetable market where a good method of conserving and storing vegetables is used.
- 4. Go in person rather than phone your order. Personal selection is the only way of obtaining superior quality.
- 5. Shop early in the day, before the supply has been picked over.
- Learn to recognize as many varieties of a vegetable as possible and select the variety best suited to your purpose.

After purchase perishable vegetables should be stored in the refrigerator. Greens should be washed and shaken dry and if possible spread out on trays to avoid bruising. Cucumbers and radishes should be washed and dried and peas should be left in their pods.

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Frozen vegetables. In addition to fresh and stored vegetables, frozen vegetables have a definite place on our menus today. They compare well with the fresh in appearance and nutritive value. In general, shorter cooking times are recommended for frozen vegetables and they are best when started in the frozen state (not defrosted). They should be cooked according to the directions on the package.

Canned vegetables. Vegetables are far ahead of the many other types of canned foods in production. Improved methods and the maintenance of good standards for products are responsible for their present widespread use. In canning, vegetables lose some of their vitamin value. However, there is little loss of minerals. They are a good substitute to use when fresh vegetables are high in price or unavailable.

Rapid reheating and good seasoning will bring out the flavors of canned vegetables. The important thing to remember is that canned vegetables are

already cooked and need only to be heated.

Dehydrated vegetables. Dried legumes include all the many varieties of peas, beans, and lentils. Being economical they are good meat-stretchers or meat-alternates and are frequently used as main-dish foods. Different sections of the country have developed special ways of preparing them such as New England Boston baked beans and Southern chile con carne. Legumes can be stored for a long period of time in a cool dried place.

The water that was lost in the ripening and the drying of legumes must be replaced by soaking and cooking. Before cooking, beans and peas should be thoroughly washed and picked over and then soaked for about two hours in enough warm water to cover them. Oversoaking is to be avoided, however, for it results in a too soft texture and a loss of flavor. Legumes should be cooked in the water in which they were soaked to conserve the minerals and vitamins.

Dried beans, peas, and lentils are usually combined with such foods as fats, molasses, tomatoes, and onions to develop their flavors. Spices and herbs are also helpful in adding flavor and interest to these rather bland foods.

WHY COOK VEGETABLES?

One of the fast-growing eating practices in America today is the eating of raw vegetables. Tender greens, celery, carrots, and green pepper are crisp and delicious when served raw. When used as relishes and garnishes, raw vegetables bring color and appeal to other foods. Edible garnishes such as watercress, parsley, and green pepper are high in food value and should be eaten and not left on the plate to be discarded. Other vegetables that are excellent in the raw state when gathered fresh from the garden are young turnip top, young beet top, endive, young peas, young green beans, and young asparagus. If you live close to the fields and woods, wild greens can be gathered for salads, such as cress, dock, chicory, lamb's quarter, sorrel, and mint.



1. For both flavor and nutrition cook canned vegetables in their own liquid.



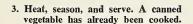
1. For frozen vegetables use very little water. Have it boiling and ready.

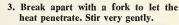


2. Bring liquid to a boil, cook part of it away before adding the vegetables.



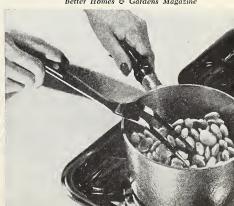
2. Put in the vegetables unthawed. Watch for the water to start boiling again.





Better Homes & Gardens Magazine





GUIDE FOR BUYING VEGETABLES1

VEGETABLE	QUALITIES TO LOOK FOR	QUALITIES TO AVOID	SEASON OF YEAR
Asparagus	Close, compact, firm tips; brittle and easily punctured stalk	Wilted appearance, spreading tip	March to June
Beans, Lima	Young pods well filled, clean, bright, fresh, of a dark-green color, free from mold and decay spots	Dried, shrivelled, spotted, or flabby pods	June to October
Beans, Snap or String	Beans firm, crisp, tender, which will snap readily when broken	Dried, shrivelled appearance, mold spots, and watery areas	All year
Beets	Smooth surface, free from blemish, relatively free from dirt; crisp fresh top	Rough, rigid surface, soft rot areas	All year
Broccoli	Stalks tender and firm, heads compact and either darkish green or purplish green in color	Wilted, flabby stalks and heads; a full yellow or pur- ple color of the bloom indi- cates over-maturity	October to June
Brussels Sprouts	Hard, compact appearance and a bright green color	Puffy appearance, wilted or yellow leaves	October to February
Cabbage	Firm heads, fairly heavy for their size	Decay, yellow leaves, heads soft, puffy in appearance	All year
Carrots	Clear orange color; firm shape	Wilted, flabby, soft, or shrivelled appearance; molded, watersoiled areas; excessive length or fork.	All year
Cauliflower	Clean, heavy head, white or cream in color; fresh and green outer leaves	Spreading or separation of the flower clusters, bruised head; presence of plant lice	October to January
Celery	Stalks that are brittle enough to snap easily	Pitty or stringy stalks; rot areas close to the heart of the celery	All year
Corn	Fresh green husk; cob well filled with bright, plump kernels just firm enough to offer resistance to pressure	Dry, yellow, or straw-colored husks	June to September
Cucumbers	Firm shape; bright, fresh color	Shrivelled, puffy appearance; dull, yellowish color	April to September

¹ Based on "A Fruit and Vegetable Buying Guide for Consumers," Miscellaneous Publications No. 167, U. S. Department of Agriculture. Revised Feb., 1948.

VEGETABLE	QUALITIES TO LOOK FOR	QUALITIES TO AVOID	SEASON OF YEAR
Eggplant	Uniform dark color; firm, heavy shape	Shrivelled, soft, or flabby appearance	August to October March to May
Greens Beet Tops Chard Chicory Collards Cress Dandelions Endive Escarole Kale Lettuce Spinach	Fresh, young, green and tender leaves which are loosely packed	Poorly developed leaves and leaves which show excessive dirt and dry and yellowish leaves, worm injury	All year
Onions	Bright, clean, hard and well- shaped onions with dry skins	Developed seed stem, rot on the outer scales or near the bulb, and moisture at the neck	All year
Peas	Bright green pod, somewhat velvety to touch and fresh in appearance; pods fairly well filled	Flat, dark green pods wilted in appearance; yellowish appearance indicating age	All year
Peppers	Mature, firm, well-shaped vegetable of good color and fresh appearance	Soft, pliable, thin-fleshed vegetable, pale in color and with surface blemishes	August to October
Potatoes	Smooth, shallow-eyed, clean appearance	Green color; wilted, leathery, or spongy texture	All year
Squash, Summer	Fresh, fairly heavy for size squash, free from blemish and with a rind that can be easily punctured	Hard rind, decay spots that have penetrated the flesh	June to November
Winter	Squash heavy for its size and free from blemish; hard rind	Soft rind, and surface decay which may appear watery	December to April
Tomatoes	Firm, but not overripe fruit, fairly well formed, plump, smooth and of good color	Worm holes, puffy or watery fruit, angular in shape	May to October
Turnips	Smooth, firm vegetable with few leaf scars around the crown	Vegetable light in weight for size, woody, pithy, soft or shrivelled	September to March



USDA Forsythe from Monkmeyer

A home garden is just about the best investment in the world. It gives us food and money value, and unlimited pleasure and pride.

Cooking lowers the nutritive value of most vegetables. Frying is likely to cause loss of vitamin C, thiamin, and vitamin A. Losses in baking and steaming are not so great. Vitamin C, thiamin, riboflavin, niacin, phosphorus, and calcium dissolve in water. Long cooking results in heavy vitamin and mineral losses. Even greater vitamin and mineral losses are caused by the use of large quantities of water and exposure of cut surfaces to the action of the water. Starting the vegetable in cold or tepid water also wastes food value because this increases the total cooking time.

Since the juices left from cooking vegetables contain so many vitamins and minerals they should be used in soups or sauces or for the first course of the meal. To improve their flavor as a vegetable-juice cocktail a little tomato or lemon juice may be added. Cooking juices should be used as soon as possible as the flavor and vitamin content decrease on standing.

Unfortunately, not all vegetables are good raw. Different vegetables are cooked for different reasons. Green, leafy vegetables are cooked to soften the cellulose. Dried vegetables must be cooked to be edible. In some cases, such as mushrooms, cooking improves the flavor, and in others, such as onions, it makes the flavor more acceptable. The starch in potatoes and similar vegetables is gelatinized in cooking, making it easier to digest. In addition, the various cooking methods can add variety and interest to vegetables.

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PROPERLY COOKED VEGETABLES

A few good tools make all the difference in the world in the amount of time and energy spent in preparing vegetables. One homemaker, when questioned about her lack of interest in preparing vegetables for her family's meals, admitted that she resented the time taken up in the preliminary preparation of them. This homemaker evidently lacked the incentive to organize her work and the desire to serve essential foods to her family. For quick vegetable preparation have these tools available:

vegetable brush sharp paring knife scissors chopping bowl and knife potato masher colander chopping board floating potato parer shredder

Like the little girl with the little curl in the middle of her forehead, cooked vegetables can be very, very good or horrid. Drab, overcooked, mushy vegetables are not tempting. Vegetables are often left untouched or half eaten on plates because of their faded colors. Cooked vegetables to be appealing must have good color; hence, one of the aims in cooking them is to preserve as much of their natural color as possible.

Green vegetables. Such vegetables as string beans, Brussels sprouts, spinach, and peas contain a green color pigment which reacts to acids and heat. When green vegetables are cooked for too long a time, the bright green color of the vegetable will change to a drab, olive green. Strangely enough, the plant acids given off during the cooking of the vegetables are mainly responsible for the change in color. Some people add baking soda to the cooking water to retain the bright green color. Since baking soda destroys certain vitamins found in green vegetables, this is not recommended.

Green vegetables which take just a few minutes to cook, such as spinach, are not likely to lose their color in the short cooking period required. In general, green vegetables which take longer than a few minutes to cook will keep their bright green color when dropped in enough boiling, salted water to cover the vegetable and boiled until just tender in a saucepan left uncovered for the first few minutes of the cooking period. Leaving the cover off the first few minutes permits the escape of the vegetable acids which have formed during the cooking process. To shorten the cooking period, cover the vegetable for the remainder of the cooking time.

Green vegetables cooked in the pressure saucepan will retain their brightgreen color. The high temperature made possible by the use of the pressure cooker allows the vegetable to cook before color pigment changes take place. Care must be taken not to overload the pressure saucepan, for this will increase the cooking period.

Yellow, red, and white vegetables. Carrots, yellow turnips, squash, and sweetpotatoes contain color pigments which do not react to heat and acid.



Woman's Day

It's a timesaver to dice snap beans. After washing them and removing ends, put a handful on a board and slice in ¼-inch pieces.

Little change in color takes place during cooking. Cooked carrots which turn brown are overcooked. Precision in timing the cooking of these vegetables will insure success.

The color pigment in red vegetables will dissolve in water unless acid is added, in which case they become an even brighter red. Acid can be added to red cabbage or beets in the form of vinegar or a tart apple.

An almost colorless pigment is found in white vegetables such as onions and cauliflower. Long cooking periods will cause them to become a pinkish-brown color which is associated with a strong and unpleasant change in flavor.

METHODS USED IN VEGETABLE COOKERY

There are many different ways of preparing vegetables. Some people never take the time to learn different ways and invariably mash potatoes, boil cabbage, cream peas, and fry onions. Actually it isn't difficult to become an expert in this phase of cookery. It takes just a bit of the right herb or spice, a tempting color combination, or a pleasing sauce to turn a dull vegetable into an appetizing food.

Well-cooked vegetables have these qualities:
a tender firm texture,
an unchanged color,
retained nutritive value,
retained natural forms,
retained natural flavors.

Boiling. Undoubtedly this is the most common method of preparing vegetables because it takes less time than other methods and also because the equipment needed is simple. However, it takes a little experience and a watchful eye to boil vegetables to perfection. There are some special things to know about individual vegetables. Before cooking, broccoli and cauliflower should be soaked for 15 minutes in salted water to remove insects. Curly kale should have its midribs removed. Peas are easily shelled by pressing the lower ends of the pods between the thumb and forefinger. After boiling potatoes, pour off the water and shake the potatoes over direct heat until they are dry.

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Asparagus and broccoli are something of a problem because the tips take less time to cook than the stalks do. They can be tied in a bunch and placed, stalks down and tops protruding, in the bottom of a double boiler or a percolator (with workings removed) full of boiling salted water. In the last two or three minutes, hold the inverted top of the double boiler over the bottom or put the top on the coffee pot and cook the tips with steam.

TIMETABLE FOR BOILING VEGETABLES AND AMOUNTS TO PURCHASE

VEGETABLES	APPROXIMATE COOKING TIME IN MINUTES	amount to purchase for 4 servings
Asparagus	15–20	1½ pounds
Beans: Snap or String	20–30	1 pound
Lima	25-30	2–2½ pounds
Beet Greens	15–20	$1\frac{1}{2}$ = 2 pounds
Beets	40–60	$1\frac{1}{2}$ = 2 pounds
Broccoli	15–30	$1\frac{1}{2}$ = 2 pounds
Brussels Sprouts	10–15	1 pound
Cabbage: shredded	8–10	1 pound
quartered	10–15	1 pound
Carrots	10–20	1-1½ pounds
Collards	15–20	2 pounds
Corn	8–10	4 ears
Curly Kale	20–25	2 pounds
Okra	10–20	1 pound
Onions	35–40	1 pound
Parsnips	20-40	1 pound
Peas	10–20	2 pounds
Potatoes	30-40	$1\frac{1}{2}$ = 2 pounds
Spinach	5–8	$1\frac{1}{2}$ = 2 pounds
Squash: Winter	25–30	$1\frac{1}{2}$ = 2 pounds
Summer	8–10	$1\frac{1}{2}$ = 2 pounds
Turnips	35–40	1 pound
Turnip Greens	10–20	$1\frac{1}{2}$ = 2 pounds

COOKED CARROTS

(Number served: 4)

Assemble these utensils: saucepan with cover vegetable brush paring knife Assemble these supplies:

- 1 bunch (5-8) carrots
- ½ teaspoon salt
 - 2 tablespoons butter
 - 1 cup boiling water

Steps in preparation:

- 1. Scrub carrots clean and remove stems to within ½ inch of the top.
- Barely cover carrots with boiling water, add salt, cover, and boil until tender.
- 3. Plunge carrots into cold water and slip off skins.
- 4. Cut into desired shapes and season with butter. Serve hot.



Woman's Day

Grated carrots may be used raw in salads or sandwiches or cooked in a small amount of salted water or milk.

Steaming. Steaming is a good method of preparation for mild-flavored vegetables such as carrots, young cabbage, spinach, and squash. The vegetables should be carefully washed and placed in the perforated part of the steamer. When a steamer is not available, a fairly heavy pot with a tight-fitting cover can be substituted. In general, from one to one and a half more time is allowed for steaming than for boiling. For this reason vegetables such as string beans, Brussels sprouts, and broccoli tend to lose their bright green color when steamed.

STEAMED SPINACH

(Number served: 4)

Assemble these utensils:
dishpan or large pan
steamer or large saucepan with
cover
scissors
colander

Assemble these supplies: 1½ pounds of spinach

1 teaspoon salt

4 tablespoons butter or fortified margarine

Steps in preparation:

- 1. Use scissors to cut away the roots, tough stems, and decayed leaves.
- 2. Wash spinach in large pan at least three times, removing it to the colander each time the water is changed.
- 3. Drain spinach in colander for few minutes.
- 4. Place spinach in large saucepan over slow flame. Cook until tender (5–8 minutes) with cover on saucepan. Season with salt.
- 5. Drain. (Save the juices and keep for use later on.) Season with butter or fortified margarine and serve.

Panning. Panning, a method similar to steaming, is frequently used to prepare the more juicy green vegetables. Shredded cabbage, spinach, summer squash, okra, and very tender green beans are good vegetables to pan. The vegetables are cooked in a heavy flat pan with two tablespoons fat to one quart of the vegetable prepared for cooking. The pan is covered with a tight-fitting cover to hold in the steam. Drippings from roast meat, bacon drippings, and salt pork drippings are satisfactory fats to use when panning vegetables. Panned vegetables are served in their own juices. This method of serv-

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ing vegetables solves the problem of pouring off valuable nutrients in the juices of the vegetables.

Sometimes the flavor of panned vegetables can be improved by adding small amounts of browned onions. Milk, slightly thickened, is also recommended as a seasoning for some panned vegetables.

PANNED CABBAGE

(Number served: 6)

Assemble these utensils:

flat heavy pan with cover chopping board knife

quart measure measuring spoons Assemble these supplies:

1½ quarts shredded cabbage3 tablespoons melted fat

1½ teaspoons salt pepper

Steps in preparation:

1. Shred one small head cabbage or one half of a medium-sized cabbage.

Melt the fat in a heavy flat pan, add the cabbage and cover to hold in the steam.

3. Cook the vegetables slowly until tender but not mushy. Stir occasionally to keep them from sticking to the pan. When ready to serve, season with salt and pepper.

Baking. Most vegetables, with the exception of greens, can be baked in their skins or cut and pared and placed in a baking dish. Since there are many different ways of baking vegetables, this method of preparation is a great aid in introducing variety in meals. Most vegetables can be baked in a moderate oven, 350° F. But temperatures as high as 425° F. are recommended for the baking of some varieties.

BAKED ACORN SQUASH

(Number served: 4)

Assemble these utensils:

baking pan knife measuring cup

measuring spoons

Assemble these supplies:

2 acorn squash1 teaspoon salt few grains pepper

4 teaspoons butter

4 teaspoons brown sugar

Steps in preparation:

1. Turn on oven and set at 425°.

2. Wash and split squash lengthwise; scrape out seeds and pulp.

3. Place hollow side down in baking pan and add ¼ cup of water. Bake for 30 minutes in hot oven (425° F.).

4. Turn squash hollow side up and place one teaspoonful butter and one teaspoonful brown sugar in each hollow. Sprinkle with salt and pepper.

5. Return to oven and continue baking for 15 minutes.

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Creaming. White sauce is the common denominator in creamed, scalloped, and au gratin vegetables. You have met it as the basis for cream soups. It is the foundation of many sauces and, in its thicker form, is the base of soufflés and croquettes. Its blandness of flavor makes it receptive to all kinds of interesting seasonings.

There are only a few ingredients for the basic white sauce: a fat in the form of butter or butter substitute; a thickening agent such as flour or cornstarch; a liquid such as milk, vegetable juice, broth, or fish stock; and a seasoning. The seasoning might be salt, white pepper, cheese, lemon, egg, onion, or curry powder added with a light touch.

TYPES AND KINDS OF WHITE SAUCES

KIND	LIQUID	THICKENING AGENT	FAT	SEASONING	USES	PROPORTIONS
Thin	1 cup	1 tablespoon flour	1 tablespoon	½ teaspoon salt	Soups	1 cup to 1 cup vegetables
Medium	1 cup	2 tablespoons flour	2 tablespoons	½ teaspoon salt	Creamed dishes	1 cup to 1½ cups vegetables
Thick	1 cup	3 to 4 table- spoons flour	2 tablespoons	½ teaspoon salt	Soufflés Croquettes	1 cup to ½ cup vegetables

One of the easiest methods of combining the ingredients is to melt the fat, add the flour, and stir until the ingredients are perfectly blended. Warm the milk and carefully stir it into this mixture until it is well blended again. Then stir over very low heat or place in the top of a double boiler and cook for 15 or 20 minutes. Stir occasionally to keep a smooth texture. The longer cooking period improves the flavor. The salt is added just before using. Seasoning should be added only after the sauce has cooked until it has the desired thickness and is smooth and glossy in appearance. Sauces may be kept over hot water if they are carefully covered to prevent the evaporation which would cause an undesirable scum. Or, it is possible to prepare these sauces in advance, cover them, and store them in the refrigerator for a few days until needed.

A good white sauce has these qualities:

- a smooth, rich flavor,
- a glossy and satiny appearance,
- a texture as smooth as cream,
- a proper consistency for needed purpose.

A creamed food is composed of equal amounts or cup for cup of thin white sauce and the food material to be used. When the two are combined and are



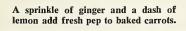
For tasty variety, dress up beets with vinegar and perky ground clove.



Saltine crumbs make a crisp crust for tender sweet fried parsnips.



Cauliflower with a puffy cheese sauce is festive food for company.





Parboil thinly sliced turnips, then scallop with a light cheese sauce.

Cook apples, onions, and cabbage together. Enjoyable, hearty fare.

Series from Family Circle Magazine





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well heated they may be served upon a crisp base such as toast. Seasonings of pimiento strips, green pepper, or mushrooms may be added to suit the individual taste.

The same materials may be prepared in another form by placing alternating layers of vegetables and sauce in a buttered casserole and baking. Then they are called scallops. Au gratin means that buttered bread crumbs are added to top the scalloped food and does not necessarily imply the use of cheese although it is frequently used. Popular variations include scalloped tomato and corn, potatoes au gratin, and scalloped macaroni, and scalloped parsnips. For added zest and interest one may include minced chives, parsley, grated sharp cheese, pimiento strips, and other seasoning ingredients.

POTATOES AU GRATIN

(Number served: 6)

Assemble these utensils: sauce pan covered casserole dish measuring cup measuring spoon wooden spoon double boiler knife cutting board grater

Assemble these supplies: 4 medium sized potatoes 1/2 green pepper or pimiento (op-2 cups medium-thick white sauce

1 cup crumbs

3 tablespoons butter substitute ½ cup American cheese, grated

3 slices bacon (optional)

Steps in preparation:

1. Boil the potatoes. Peel and slice in half-inch slices.

2. If used, cut the pimiento or green pepper in thin shreds with a knife.

3. Prepare the medium white sauce.

4. Grate the cheese and add to the white sauce. Stir until blended.

5. Set the oven at 350° F.

6. Melt the butter and pour over the crumbs.

7. Lightly butter the casserole dish.

- 8. Assemble the casserole in this manner: place alternate layers of sliced potatoes, white sauce, and a sprinkling of the pimiento or green pepper and top this mixture with crumbs. If desired, lay the strips of bacon on
- 9. Bake covered for 20 minutes. Take the top off for browning and cook another 10 minutes.

Pressure cooking. This is a fast way of preparing vegetables. It is an ercellent method but calls for great care to avoid overcooking. Directions for handling the pressure saucepan should be followed with precision. Overcooking even a half minute will increase vitamin destruction, give an undesirable soft texture to the vegetable and alter color considerably. Further discussion of pressure cookery will be found in "Quick Meals."

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VEGETABLE PLATES

A vegetable plate with a breadstuff, beverage, and dessert makes an excellent luncheon. The secret of a successful vegetable plate is to select vegetables that complement one another in flavor, texture, color, and shape. Cabbage and cauliflower are both good. However, each would lose its distinctive flavor and color if they were served together. Sweetpotatoes and potatoes are so much alike in food value that they should never appear on the same plate. A combination of all boiled or all baked vegetables will lack flavor and texture variety. The right sauce for one of the vegetables in a vegetable-dish combination will give it distinction. White sauce or cheese sauce, made by adding grated cheese to the white base, are good with many vegetables.

SUMMARY

- 1. It is an economy to select only the young, fresh, crisp vegetables, free from excess dirt and blemishes.
- In general, the succulent vegetables should be refrigerated or kept in a cool, dry place. Root vegetables should be kept in a cool, dark place where they will not freeze.
- 3. Many vegetables are very acceptable when served raw as garnishes, relishes, and salads.
- **4.** Vegetables are cooked to soften cellulose, improve flavor, and to add variety to meals.
- 5. Overcooking is undesirable because it destroys food value, appearance, and flavor.
- 6. Using the proper tool cuts down on time spent in preparing vegetables.
- 7. The major methods of preparing vegetables are baking, boiling, creaming, steaming, and pressure saucepan cookery.
- 8. White sauce is prepared from fat, a thickening starch, and a liquid.
- 9. Good white sauce has a smooth, rich flavor, a glossy appearance, and a smooth texture.
- 10. Appetizing and nutritious meals can be planned around a vegetable plate. For such a meal the vegetables must be well chosen in relation to color, texture, form, and flavor.

ACTIVITIES

1. Prepare:

- a. and serve a vegetable-plate luncheon in class group. Suggest menus for breakfast and dinner to be served on the same day. Refer to current prices and estimate the cost of the vegetable plate. Keep a record of the time it takes to prepare a vegetable-plate meal. Evaluate the meal using a form similar to the one on page 69.
- b. the vegetables for your meals at home for one week. Report to the class how you prepared them for variety and appropriateness.

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c. common vegetables such as cabbage and carrots in one or two unusual ways. Refer to the Recipe Unit and to supplementary sources for help.

- 2. Plan to get acquainted with a greater variety of vegetables.
 - a. Make a list of the vegetables you do not know very well.
 - b. Visit the grocer's and try to identify them.
 - c. Choose them when the opportunity arises for you to plan meals.
 - d. Prepare and use them so that you will become familiar with their characteristic flavor.
 - e. Learn to like new vegetables and to prepare them in ways that you and your family will enjoy.
- 3. Compare canned, frozen, and fresh vegetables in cost, quality, and time needed for preparation. Suggest the most appropriate uses for each.
- Summarize your learning about the selection, preparation, and cookery of vegetables.



CASSEROLE MAIN DISHES

Casserole cookery has been used since 3700 B.C. but in those days the pot was hung over the fire rather than placed in an oven. The thrifty French housewife became world famous several centuries ago because of her "en casserole" cookery and her one-dish meal that contained meat, vegetables, and seasonings. Similar dishes have been made in all civilizations throughout the ages and yet there is nothing more up-to-date in modern meal service.

A casserole dish may feature meat, fish, eggs, cheese, or poultry combined with rice, macaroni, noodles, dried legumes or potatoes, and additional vegetables to add interest in texture and flavor. Individual taste may suggest small amounts of celery, slices of green pepper, parsley, onion, mushrooms, spices, and herbs. But while there may be a blending of several flavors, it is well to let one predominate.

Supplemented with a green, crisp salad, and a pleasing dessert, a casserole is always given much applause after little effort and expense on the cook's part. Casseroles glamorize leftovers and inexpensive ingredients. The amateur can rest assured that a failure is hardly possible. These dishes may be prepared in advance of the cooking time and require little or no watching



Growers and housewives in the Eastern states say that this lettuce is just about the best for the hot part of the season. It's the Great Lakes variety. This was grown in Maryland.



A colorful meal in the making.

during the baking period. Some of them can even wait successfully for the tardy guest. The secret of this cookery is the long slow simmering that develops and conserves flavors and aromas. The brown topping may be easily obtained by removing the lid the last twenty minutes of the cooking time or placing the open ramekin under the broiler for a moment.

SELECTING A CASSEROLE DISH

To produce these well-blended foods an oven-proof, heat-retaining material with a non-absorbent interior and exterior is essential. Casseroles come with and without covers. Be sure you have at least one with a cover. Well-placed handles and attractive designs are desirable features. Sizes vary from the individual ramekin to the large casserole holding six and one-half quarts. The size which you select or use will be determined by the number you plan to serve. Stores feature many kinds: the French, brown pottery, the gay green and white Swedish casseroles, the white English fluted ones, and the glass and pottery dishes of our own country. Some casseroles are used for both oven and top-of-the-stove cookery, if a simmering flame and an inexpensive asbestos mat are used. But it is advisable to read directions carefully since much of the ware is for oven use only. Whatever the choice it must be remembered that any sudden changes of temperature affecting only part of the casserole will shatter the dish although it may safely be taken from the refrigerator and put into a hot oven since in that case the temperature change affects the whole casserole at once. With ordinary care, the dish will last many years.



Family Circle Magazine



A MACARONI CASSEROLE

Legend relates that a young Chinese girl carelessly allowed dough to stay in her basket several hours during which interval the dough strained through the basket and dried. The name by which we know the product was given it by the king of Naples who liked it so well he exclaimed, "Ma, caroni" or "Oh, how very dear." In a small Bavarian wayside inn the cook tried adding egg to the dough made from hard wheat, water, and salt. She also shaped it flat and ribbon-like. Thus noodles were born some three hundred years ago. Spaghetti and vermicelli are of the same family. A characteristic of all these products is that they snap easily with a clean break. This is a mark of high quality. They have a bland flavor which combines well with other foods. They are quickly and simply prepared with a minimum of equipment. The cooking time varies with the shape so it is good practice to follow the directions on the box.

Due to their very low water content, these products can be stored indefinitely in the package. After the package is opened, it is well to check for weevils that invade cereal foods during a short period in the summer months.

These alimentary pastes, as they are called, have become so popular that in one year a billion pounds were produced and consumed in this country.

A good alimentary paste product has these qualities:

a cooked size double the original size,

a retained shape,

a chewy quality,

a well-seasoned flavor.

MACARONI AND CHEESE AU GRATIN

(Number served: 6)

Assemble these utensils:

large pot

knife for testing

colander mixing bowl

saucepan

grater

waxed paper or bowl for grated

cheese

measuring cups measuring spoons

small pan casserole dish Assemble these supplies:

2 quarts water2 teaspoons salt

1 8-ounce package macaroni (1 cup)

3 cups white sauce (thin)

1/4 pound American cheese (1 cup grated)

pinch dry mustard (optional)

2 tablespoons butter substitute

½ cup bread crumbs

Steps in preparation:

- 1. Bring the water to a rapid boil. Then add the salt.
- 2. Break the macaroni in short lengths about 1 inch long.
- 3. Gradually add the macaroni so that the water continues to boil.
- 4. Cook for 8 to 10 minutes. Test to see if it cuts easily with a knife.
- 5. Drain in the colander.
- 6. Prepare 3 cups of thin white sauce.
- 7. Set the oven at 400° F. Place the crumbs in the small pan and brown lightly in the oven. Dot with 1 tablespoon butter substitute.
- 8. Grate the cheese on waxed paper or over bowl.
- 9. Butter the casserole dish.
- 10. Arrange in alternate layers: macaroni, sauce, and grated cheese.
- 11. Top this casserole with the browned, buttered crumbs and bake 15 minutes or until lightly browned.

A RICE CASSEROLE

The oldest written records, centuries before the birth of Christ, tell us that rice was then the chief food in the Orient. China, India, and Japan still produce and consume 97 per cent of the world's supply. In the seventeenth century rice was brought to this country. Today the irrigated soils of Louisiana, Texas, Arkansas, and California are well suited to its production. With rice we imported ways of using it: Spanish rice, risotto from Italy, the pilafs of Russia and Persia, and the curries of the Orient. It is a versatile food that

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can be used as a cereal, vegetable, base for dessert, stuffing, soup thickener, or casserole ingredient.

On market shelves you will find several types of rice. Brown rice is the unpolished form as the rice comes from its hull. It retains its light-brown coat. White rice is obtained by polishing this brown rice. This gives it a pearly luster and in so doing destroys the minerals and vitamins. Converted rice has gone through a process which forced 80 per cent of the B-vitamins from the hull into the kernel where they are not lost in the milling. Converted and white rice store better than brown rice and take slightly less time to cook. Converted rice has the additional advantage of being already washed. Wild rice is not really rice. It is the seed of a tall water grass. It has a pronounced flavor prized by many as an accompaniment to game.

There are three classic ways of cooking rice. The Chinese method requires exact proportions of rice and water and exact temperature over direct heat for an exact length of time. At the end of the cooking period, all the water has been absorbed by the rice. The double boiler method is really the same except that the rice is not over direct heat. In the quick-boiling method, much more water is used than will be absorbed by the rice and after it is done you have the additional job of steaming and drying it. Directions, including the time and method required for that particular type of rice are printed on the box. Follow directions for a superior rice.

Good rice has these qualities: perfect, whole, dry grains, distinct and separate, a full-flavored taste, a fluffy, snow-white appearance, a volume of three to four times the uncooked amount.

Rice makes a good background for crisp-textured or highly-flavored foods.

Converted Rice, Inc.



SPANISH RICE

	(Number served: 4)	
Assemble these utensils:	Assemble these supplies:	
pan for washing rice	1 cup uncooked rice	
mixing bowl	2 tablespoons fat	
heavy skillet	1 cup tomatoes	
covered Dutch-oven-type	pan or 1 large onion	
casserole	1 green pepper	
knife	3 cups water	
spoon	1 teaspoon salt	
can opener	½ teaspoon chili powder	
measuring spoon	½ pound hamburger meat (c	p-
measuring cup	tional) .	
cutting board		
paper towels		

Steps in preparation:

- 1. Wash the rice and dry in towel (unless you are using packaged rice which has already been cleaned).
- 2. Chop the onion and green pepper fine.
- 3. Melt the fat in the heavy pan, sauté the rice until golden brown, add onion, pepper, tomatoes, and meat, if desired, and seasonings and continue the cooking process for about 5 minutes.
- 4. Cover and simmer over low fire for 15 minutes. Then place in a casserole dish, cover, and bake for 30 minutes in a 375° F. oven. Test grain for doneness. If the grain can be mashed between the thumb and finger, it is done. Serve this dish hot.

A SWEETPOTATO CASSEROLE

History tells us that Columbus carried samples of the sweetpotato to Queen Isabella from the New World, but probably the origin of the plain, or Jersey, sweetpotato was in South America and the yam came from Africa and Asia. These two varieties differ in color and richness. The yam has a deep orange interior and is considerably more moist. This type may be distinguished by one blunt end whereas Jersey sweetpotatoes are long and slender and pointed at both ends. The sweetpotato does not belong to the same family as the white potato, commonly called the "Irish potato." This botanical difference makes the preferred spelling of sweetpotato one word rather than two.

These vegetables are sometimes overlooked in menu planning which is unfortunate since they can add much to meals in variety, color, and flavor. Sweetpotatoes are relatively inexpensive in season and combine well with butter, spices, and sugar. They may also serve as the foundation for desserts. In the South sweetpotato puddings and pies are favorite desserts.

In buying them avoid those with blemishes. They bruise easily in being

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transported and do not store very well. It is best to buy the amount you need for a particular time and not to try to keep a supply on hand. Pick out sweet-potatoes of equal size so that they will all cook in about the same length of time. They are usually cooked in the skin by baking or boiling. They must be scrubbed, rinsed, and cooked in salted boiling water for a shorter time than potatoes (about one-fourth shorter cooking time).

SWEETPOTATO SAUSAGE PIE

(Number served: 6)

Assemble these utensils:

measuring cups measuring spoons glass dish

knife

potato masher wooden spoon

spatula

Assemble these supplies:

1 pound sausage meat

11/2 cups apple slices, thinly cut

1/4 cup brown sugar

13/3 cups mashed sweetpotatoes

½ teaspoon salt

2 tablespoons butter

½ cup milk

parsley for garnish, if desired

Steps in preparation:

1. Place sausage in the glass dish. Arrange the apple slices on the sausage.

2. Sprinkle with the brown sugar.

3. Mash the sweetpotatoes; add the salt, butter, and the milk. Beat until light and fluffy.

4. Place the sweetpotatoes on the apple slices.

5. Bake for 1 hour in a 350° F. oven. Serve very hot. Garnish with parsley, if desired.

A DRIED LEGUME CASSEROLE

The use of dried beans and dried peas is described in the first records of the early peoples of Egypt, Greece, and Judea. Lentils were fed young children liberally since it was thought that they "enlightened their minds, opened their hearts, and rendered them cheerful."

There are about seventy-five kinds of beans and peas in use in this country today. There are navy beans, baby limas, large limas, great northern beans, kidney beans, pinto beans, lentils, split peas, chick peas, blackeyed peas, and soybeans. Soybeans are quite distinct from other beans in appearance, flavor, and food value. In China they are a staple food. Here they are used canned and dried, but rarely fresh because of the difficulty of removing the shell.

Dried beans and peas have many virtues. They require no peeling or paring. There are no inedible parts to be discarded. They are easily stored and can be used interchangeably in recipes and, fortunately, they are a very inexpensive source of protein. However, it must be remembered that except for soybeans, peas or beans do not supply complete proteins.

Jack-of-the-Beanstalk had some magic beans but any knowing cook can do magic with beans, too, if she uses the correct cooking methods and has imagination and a flair for seasonings. Lima beans are excellent in casseroles. Pinto beans are ideal for chili, bean, and meat combinations. Split peas are used in soups. The popular New England bean pot filled with baked beans has been a real contribution to our national menu.

It is difficult to give general directions for cooking dried peas and beans as there are such differences in sizes and shapes and responses to cooking processes. In general, 1 cup of dried beans will make about 3 cups of cooked beans. This is not always true of partially precooked beans. Follow the specific directions on the package. Inspect the peas or beans and discard imperfect ones together with foreign matter. Wash carefully to remove grit and drain. Before we knew as much about nutrition as we do now dried beans were usually cooked overnight. Now we know that two hours, preferably in warm water, is long enough and that longer just diminishes the flavor, minerals, and vitamins. Actually uncooked beans can be added to boiling water and the soaking process eliminated entirely, but the beans have to be cooked much longer. If the beans are soaked (3 to 4 cups of water for 1 cup dried beans) they should be cooked in the same water. They should be simmered until tender—tested with a fork—and then combined with desired seasonings.

Good baked legumes have these qualities: a mealy, tender texture, unbroken skins, added, interesting seasonings.

C. H. Runciman Company



BOSTON BAKED BEANS

(Number served: 6)

Assemble these utensils:

large kettle

bean pot or covered casserole

knife

cutting board measuring cup measuring spoon

saucepan for water

fork colander Assemble these supplies:

2 quarts water

2 cups peas or navy beans

½ pound salt pork

2 teaspoons salt

1/4 teaspoon dry mustard pinch pepper

1/4 cup molasses

3/4 cup boiling water

1 onion (optional)

Steps in preparation:

- Inspect the beans, wash, and soak two hours in warm water in large kettle.
- 2. Bring to a quick boil, and cook until the beans can be pierced with a fork. Drain off the water, but save some to add in Step 6.
- 3. Set the oven at 300° F.
- Fill the bean pot with half the beans, add the onion, if desired, and the remaining beans.
- 5. Remove the rind from the pork, cut at intervals with a knife, and press the pork deep into the beans until the surface is level.
- Mix the salt, mustard, pepper, and molasses with the boiling water and pour over the top of the beans. Add water to the level of the beans, cover with lid.
- 7. Place in the oven, cook for about 6 hours or until tender, removing the lid the last hour so that the beans and pork will brown.

A SOUFFLÉ

Delicate in flavor and light in texture, a soufflé is a delicious casserole dish. It is composed of a thick cream sauce, eggs, and seasoning materials and requires the same precautions as other egg dishes. Its success is dependent on the proper beating of egg whites and yolks, correct proportions, and a low baking temperature. The addition of cheese, vegetable pulp, fish, or poultry may vary the flavor. Sometimes a sweet soufflé is served for dessert.

This is one casserole dish which cannot be kept waiting. If it does not get immediate attention, it will fall.

A good soufflé has these qualities:

- a light, tender texture,
- a delicate, well-seasoned flavor,
- a golden brown color,
- a piping hot temperature when served.

Kraft Foods Company Marking a circle with a knife on the top before the soufflé goes into the oven helps it form a "high hat."

CHEESE SOUFFLÉ (Number served: 4)

Assemble these utensils:

2 measuring cups large bowl smaller bowl egg beater grater wooden spoon spatula rubber scraper six-inch baking dish pan for hot water silver knife measuring spoons

Assemble these supplies:

1 cup thick white sauce

1 cup grated cheese

1/2 teaspoon salt

1/8 teaspoon pepper

1/4 teaspoon dry mustard

3 eggs

Steps in preparation:

- 1. Light the oven and set the temperature regulator at 375° F.
- 2. Prepare one cup of thick white sauce.
- 3. Add salt, dry mustard, pepper, and grated cheese to the white sauce.
- 4. Separate eggs and beat the yolks until light.
- 5. Stir the yolks into the white sauce.
- 6. Beat egg whites until stiff.

double boiler for white sauce

- 7. Fold stiffly beaten egg whites quickly into the white-sauce mixture.
- 8. Turn mixture into a six-inch baking dish, using a spatula.
- 9. Bake in a moderate oven 375° F. for 30 to 45 minutes or until done. If the oven temperature cannot be regulated, set the casserole in a pan of hot water.
- 10. Test by inserting a silver knife in the center of soufflé. When the center is firm, the soufflé is done.

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SUMMARY

- Casserole dishes offer great economy of time and effort. Inexpensive ingredients or leftovers are used to great advantage.
- A casserole should have a non-absorbent interior and exterior and be constructed of heat retaining material.
- 3. Select the size and type of casserole that best suits your needs.
- 4. The secret of casserole cookery is slow simmering that develops and conserves flavors and aromas within a tightly covered dish.
- 5. A good casserole dish has these qualities: well-blended ingredients, an excellent aroma, a pleasing texture.
- 6. Soufflés are made porous by the air beaten into egg whites.
- 7. They must be served immediately, unlike other casserole dishes.

ACTIVITIES

1. Discuss:

- a. the types of casseroles used in your home.
- b. the kinds of casseroles available in the shops.
- 2. List several kinds of ingredients that may be combined in casserole cookery.
- Clip casserole recipes and illustrations from magazines and newspapers and file them for future use in your home.
- 4. Discuss the advantages of serving casserole dishes to guests.



SIMPLE DESSERTS

The choice of a dessert should depend upon the rest of the meal—a light meal to be followed by a substantial dessert such as blancmange with chocolate sauce and a heavier meal by fruit or a fruit dessert. In this unit we will take up simple desserts which can be prepared without the expenditure of much time, money, or skill.

FRUITS

Of course the simplest dessert, and one of the best, is fresh fruit. Many Biblical references tell us that fruits were enjoyed in ancient times. Apples were held in high esteem in ancient Athens. The city fathers passed laws to restrict and regulate their consumption. An apple, a bunch of grapes, a pear,



Kraft Foods Company

For family or company-a variety of cheeses with fruit and coffee.

or a peach is nutritious and appetizing as well as easy for the cook—just wash, chill slightly, and serve. Blueberries, blackberries, raspberries, and strawberries are treats when served with cream and sugar, or crushed slightly, sweetened, and chilled. Sliced melon may be topped with sherbet or ice cream. Fruits are often combined in fruit cups or compotes prepared from fruits and berries cooked separately in a thin sugar syrup. When cooled they are combined and chilled before serving. Ambrosia, a southern dessert, is made simply from sliced oranges and grated coconut. In "Breakfast" we will take up the subject of fruit in more detail.

Good fruit desserts have these qualities: an appetizing aroma, a simple attractiveness, a carefully-washed appearance, a slightly chilled temperature.

CHEESE

Cheese is another excellent dessert that is ready to serve. There is a legend concerning an Arabian merchant and herdsman, Kanana by name, who allowed his skinbag of milk to remain unopened due to a series of misfortunes that befell him on the journey. When he finally looked at the milk, he found

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that it had become a coagulated solid or cheese which he found so tasty that he spread the news regarding his find. Others shared his enthusiasm and so cheese soon became popular.

Cheese is made in all parts of the world from a variety of milks: cow, goat, sheep, llama, reindeer, and buffalo. There are over 400 varieties of cheeses. Many of these are available in our markets. Some of the famous cheeses that come from abroad which you will wish to try are: Brick, Münster, and Old Heidelberg from Germany; Edam, Leyden, and Baby Gouda from Holland; Camembert, Roquefort, Gruyère, Brie and Port du Salut from France; Swiss Cheese and Swiss Emmenthaler from Switzerland; Parmesan, Gorgonzola, Provalone, Bel Paese, and Roman from Italy; Stilton, English Dairy, Cheddar, and Sage Cheese from England; Primöst, Mäsöst, Kuminöst, and Danish Blue from Scandinavia; and Limburger from Belgium. They are distinctively different in the kinds of milk used, the kinds of fungi and bacteria that develop them, the kinds of cheese-making procedures used, the seasonings, and the ripening processes. Each variety has a definite character, a special appeal, and particular uses.

The three general types based on consistency are:

- 1. Soft
 - a. unripened cheese-Cottage, Farmer, Philadelphia Cream Cheese
 - b. ripened cheese either by mold or by bacteria-Camembert, Brie
- 2. Semi-hard
 - a. ripened by mold-Roquefort, Gorgonzola, Stilton, bleu
 - b. ripened by bacteria—Brick, Port du Salut
- 3. Hard
 - a. with gas holes—Swiss, Parmesan, Gruyère
 - b. without gas holes-English, Cheddar, Edam, American Cheese

The soft unripened cheeses are perishable and should be stored as carefully as milk. Other cheeses should be kept in a cool place after they have been wrapped carefully in waxed paper. They may also be stored in a covered refrigerator dish.

In Europe the consumption of cheese is much higher than it is here. It seems difficult to believe that our consumption is so low in view of the fact that we produce wonderful cheeses that have excelled in quality since the first factory was opened in Rome, New York, in 1851. The huge industry has moved westward and now the largest cheese-producing state is Wisconsin where the fine dairy lands are suited to the industry.

GELATIN DESSERTS

These desserts have several advantages: the fruit flavors are delicious, they are easily prepared, are economical, and may be varied in many ways. Among these desserts we find: sponges (made from whipped gelatin with added stiffly beaten egg whites and flavoring ingredients), and creams (whipped gelatin, milk, egg, and flavoring ingredients) and other variations such as chiffon pie, and refrigerator puddings.

SIMPLE DESSERTS [99

Gelatin is marketed in two forms: the unsweetened, granular type that must be softened in water before use and the fruit gelatin to which flavor, color, and sugar have already been added. These cannot be used interchangeably.

STRAWBERRY SPONGE

(Number served: 6)

Any fruit except fresh pineapple may be used.

Assemble these utensils:

measuring cups
measuring spoons
3 mixing bowls
lemon reamer
rotary beater

mold or glass dishes fork

Assemble these supplies:

1 tablespoon gelatin

1/4 cup cold water1/2 cup hot water

1 cup sugar pinch salt

1 cup strawberries, crushed

1 tablespoon lemon juice

½ cup cream or evaporated milk, whipped

2 egg whites

Steps in preparation:

- Crush the strawberries with a fork, add sugar, and allow to stand for 30 minutes.
- 2. Soften the gelatin in cold water, add the salt and hot water, and stir to dissolve. Add to the strawberry mixture and the lemon juice.
- 3. Cool, and when it begins to thicken, beat well and fold in the whipped cream and stiffly beaten egg whites. These must be beaten separately. Turn into a mold or glasses. Chill before serving.
- 4. Garnish with whipped cream and whole berries, if desired.

Charles B. Knox Gelatine Co., Inc.



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A good gelatin dessert has these qualities: an attractive gay color, an excellent flavor, a firm, easily cut texture, well-distributed fruits in dessert, an interesting shape.

CUSTARDS

Baked and soft custards can be varied in so many ways that an endless number of desserts can be prepared with them. Creamy, delicate, baked custards may be served in their baking cups or may be unmolded and served with fruit garnishes or with dessert sauces. The soft or "stirred" custard is incorrectly called the "boiled" custard. But we avoid the term since that high a temperature will always ruin the texture of a custard. The ingredients are the same as for baked custard but the cooking process is different. This custard should be well chilled before serving and served topped with whipped cream or meringue. Sometimes it is frozen and served as Frozen Custard.

BAKED CUSTARD

(Number served: 6)

Assemble these utensils:

sauce pan
6 custard cups
pan for water
measuring cup
measuring spoon
knife for testing
fork
strainer
wooden spoon

Assemble these supplies:

4 eggs

6 tablespoons sugar

½ teaspoon salt

1 teaspoon vanilla

3 cups milk nutmeg

garnish, if desired

Steps in preparation:

bowl

- 1. Set the oven at 350° F.
- 2. Scald the milk.
- 3. In the bowl, place the eggs and beat with a fork. It is only necessary to beat them slightly.
- 4. Stir into the bowl containing the eggs the sugar, salt, and vanilla. Add the scalded milk slowly, stirring constantly.
- Strain custard to remove any possible particles that might keep it from having a smooth texture.
- 6. Place the cups in the pan, fill with the custard mixture, sprinkle lightly with nutmeg. Pour boiling water up to ½ inch of the top of the cups.
- 7. Place in the preheated oven and bake for 25 minutes. Test to see if the knife tip comes out clean when inserted into the custard. If it does not, cook another 5 minutes and retest.



Corning Glass Works

8. Remove and cool. Place in the refrigerator to chill before serving. Serve in cups or unmold.

A good baked custard has these qualities: firmness of shape, a smooth, tender texture,

a rich and creamy consistency, an excellent flavor.

SOFT CUSTARD (Number served: 4)

Assemble these utensils:

sauce pan double boiler measuring cups measuring spoon wooden spoon egg beater silver spoon for testing Assemble these supplies:

- 3 eggs, slightly beaten (or 6 yolks)
- 3 tablespoons sugar
- 2 cups milk, scalded
- 1 teaspoon vanilla pinch salt whipped cream (

whipped cream (optional)

Steps in preparation:

- 1. Scald the milk in the sauce pan.
- 2. Combine the eggs, salt, and sugar; gradually stir in the milk and cook in the top of the double boiler over hot water 5 minutes. Stir constantly.
- 3. Test with a silver spoon to see if done. If done, the spoon is well-coated with the custard. Add vanilla and cool quickly.
- Serve well-chilled in a glass dish or tall glass. Top with whipped cream, if desired.

A good soft custard has these qualities:

- a velvety smooth texture,
- a rich flavor,
- a pouring consistency of heavy cream.

¹ If by accident you overcook custard and it curdles, set the pan in cold water and beat smooth with an egg beater.



Courtesy of Corn Products Refining Company
Blancmange with butterscotch sauce and a topping of shredded coconut.

PUDDINGS

Puddings too are relatively simple to prepare, may be made in advance, and may be varied with sauces.

A good pudding has these qualities: an attractive appearance, an excellent consistency, a well-blended flavor, a firmness of shape when served, an accompanying sauce to add interest.

The Cornstarch Pudding. The cornstarch pudding, sometimes called *blanc-mange*, has a delicate flavor and a superb texture when cooked to give it the jelly-like consistency that allows it to be turned from a mold. Vanilla, chocolate, and butterscotch are delightful flavors for this dessert.

BUTTERSCOTCH BLANCMANGE

(Number served: 4)

Assemble these utensils: double boiler measuring cup measuring spoon

Assemble these supplies:

5 tablespoons of cornstarch

34 cup brown sugar firmly packed pinch salt wooden spoon 4 molds 3 cups milk1 teaspoon vanilla garnish, if desired

Steps in preparation:

- 1. Mix cornstarch, sugar, and salt in the top of the double boiler.
- 2. Add milk slowly and stir well.
- 3. Place over boiling water and stir constantly until smooth and thick.
- 4. Cover and cook 15 minutes or longer and stir occasionally.
- 5. Add vanilla and turn into molds or dishes.
- 6. Chill thoroughly before serving. Unmold and garnish.

Rice pudding. If prepared well, rice pudding will have a well-flavored taste and soft rice grains that retain their shape. The many variations of it are prepared with maple sugar, fruit flavors, and chocolate. Hot or cold, rice pudding tastes just right! It is economical as well as easy for the inexperienced cook to prepare.

RAISIN RICE PUDDING

(Number served: 6)

Assemble these utensils:

11/2 quart sauce pan with cover

fork

mixing bowl

grater

measuring cup measuring spoon

6 custard cups

pan for water—13 x 9 inches

knife for testing wooden spoon

Assemble these supplies:

1½ cups water

1/3 cup rice

½ teaspoon salt

2 eggs

1/4 cup sugar

sprinkle of nutmeg

½ teaspoon grated lemon rind

1/3 cup seeded raisins

2½ cups milk

Steps in preparation:

- Salt the water and bring to a boil in the saucepan, add rice slowly and, when the water boils again, turn down the heat. Cover and cook for 25 minutes. Stir with a fork a few times if necessary. Cook until all water has evaporated.
- 2. Set the oven at 350° F.
- 3. Butter the custard cups.
- 4. Beat the eggs slightly with a fork; add sugar, nutmeg, grated rind, and raisins. Stir in the milk. Add the cooked rice and blend thoroughly.
- Pour into buttered custard cups or casseroles. Distribute the rice and milk evenly.
- 6. Place in a pan of boiling water up to 1 inch from the top of the dishes; bake 45 minutes and test with a knife. Bake until done.
- 7. Serve warm or well chilled.

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Bread pudding. This pudding can be glorified to please the most critical taste. It can delight the heartiest guest and is excellent for the small child because of the custard base. It is highly recommended for the low-cost food budget. When this simple pudding is prepared, many materials may be added for variety in the form of fruit, raisins, and flavoring materials. Sauces may be served with it.

QUEEN OF PUDDINGS

(Number served: 6)

Assemble these utensils:

knife

cutting board

metal measuring cup measuring spoon

wooden spoon

2 mixing bowls saucepan

egg beater spatula

6 custard cups pan for water Assemble these supplies:

5 slices bread (day old)

1 quart milk

2 eggs

2 egg yolks

5 tablespoons sugar

½ teaspoon salt

1 teaspoon vanilla

1/4 cup butter or fortified margarine, melted

6 tablespoons jam For the meringue

2 egg whites

4 tablespoons sugar

Steps in preparation:

1. Set the oven at 350° F.

2. Remove the crusts from the bread, cut in ½ inch cubes. Prepare 2 cups.

- 3. Scald the milk, add the bread cubes. Beat the 2 eggs and the 2 yolks with the fork, add the sugar, salt, vanilla, and melted butter. Combine with the bread and milk mixture, mixing all ingredients well.
- 4. Butter the custard cups.
- Fill the cups to about 1 inch from the top. Place in pan of hot water and bake for 45 minutes.
- 6. Remove from the oven, spread the top with 1 tablespoon jam. Lower the oven to 300° F.
- Beat egg whites until very stiff, gradually add the sugar. Top each custard cup.
- 8. Return to hot water in the pan, return to the oven for a 20 minute period to brown the meringue very lightly.
- 9. Serve hot or well-chilled.

FRUIT COBBLERS

These are not unlike fruit pies but they have a depth of two or three inches and are topped with biscuit dough rather than being made with pie crust. They may be served either hot or cold.

FRESH PEACH COBBLER

(Number served: 6)

Assemble these utensils:

knife

large saucepan 2 mixing bowls

measuring cup measuring spoon

baking dish—6 x 8 inches or 8 in.

For biscuit dough

sifter

pastry blender or knives

wooden spoon

Assemble these supplies:

3 cups peeled sliced peaches

1 cup sugar 1 cup water

1 tablespoon cornstarch2 tablespoons cold water

1 tablespoon butter

½ teaspoon cinnamon (heavy cream, if desired)

For biscuit dough

1 cup sifted enriched flour

½ teaspoon salt

11/2 teaspoons baking powder

3 tablespoons fat 1/3 cup milk

Steps in preparation:

1. Set the oven at 400° F.

2. Heat the peaches, sugar, and water. Blend the cornstarch and 2 table-spoons water and add to the peaches, cook about 5 minutes.

3. Place the peaches in the bottom of the baking dish, dot the mixture with butter and cinnamon.

4. Prepare the biscuit dough—sift the dry ingredients, cut in the fat until the mixture resembles cornmeal, add the milk all at once, and stir to mix.

5. Drop the biscuit mixture on the top of the peaches by tablespoonfuls.

6. Bake for 30 minutes.

7. Serve hot, cut in squares, and top with some of the juice in the pan.

8. Serve with thick cream, if desired.

DESSERT SAUCES

Sauces can give an entirely different appearance and flavor to desserts for they give color, flavor, and moisture to food which needs these qualities. The cook who plans well may prepare and store a few sauces that her family will enjoy such as butterscotch, chocolate, and fruit sauces. Then she will have at hand the needed transformation for a quite simple pudding, a plain cake, or vanilla ice cream. A rich sauce is well suited to a simple dessert and a light sauce to a rich dessert. Hot fudge is a delightful contrast to a cold cornstarch pudding or to vanilla ice cream.

A good dessert sauce has these qualities: a pouring consistency like heavy cream (except hard sauce), an attractive color, a definite, well-seasoned flavor.

CHOCOLATE SAUCE

(2½ cups)

This sauce can be stored for an indefinite time in a covered jar.

Assemble these utensils:

Assemble these supplies:

double boiler measuring cup measuring spoon 4 squares (4 oz.) unsweetened chocolate
2 cups hot water

wooden spoon knife bowl 2 tablespoons cornstarch2 tablespoons cold water

covered jar for storage

1½ cups sugar

1 tablespoon light corn syrup pinch salt

1 tablespoon butter 1½ teaspoons vanilla

Steps in preparation:

- Cut the chocolate into small pieces. Melt in the top of the double boiler over hot water
- 2. Gradually add the hot water, stirring until the mixture is well blended.
- 3. Dissolve the cornstarch in the cold water and add to the chocolate mixture.
- 4. Add the sugar, corn syrup, and salt. Mix until well blended.
- Cook over boiling water for 10 minutes or until the starch is thick and smooth.
- 6. Add butter and vanilla.
- 7. When cool, place in a covered jar and store in the refrigerator.

STRAWBERRY SAUCE

(1½ cups)

Any fruit or fruit juice may be substituted for strawberries.

Assemble these utensils:

Assemble these supplies:

measuring cup measuring spoon 3/4 cup sugar11/2 tablespoons cornstarch

quart saucepan wooden spoon mixing bowl 1 cup strawberries2 teaspoons lemon juice

covered jar for storage

Steps in preparation:

- 1. Combine the sugar and cornstarch.
- 2. Stir in the crushed fruit.
- 3. Bring to a boil and stir constantly. Cook until clear.
- 4. Remove from the fire, add lemon juice, and serve hot or cold.
- 5. This sauce may be stored in a covered jar and placed in the refrigerator.



Courtesy Sealtest Consumer Service

Make everybody happy with a trayful of sauces and garnishes for simple puddings.

SUMMARY

- 1. The choice of a dessert depends upon its relation to the meal; a light meal should be followed by a substantial dessert. A heavier meal can be climaxed by a light dessert.
- 2. Fruit and cheese are the easiest desserts to prepare.
- 3. Puddings, custards, and gelatin desserts are relatively simple to prepare.
- 4. Dessert sauces can give an entirely different appearance and flavor to desserts.
- 5. A good dessert sauce has a pouring consistency, an attractive color, and a well-seasoned flavor.

ACTIVITIES

1. List:

- a. several interesting fruit desserts. Prepare one or two of them for family meals.
- b. simple desserts that are wholesome and that small children will enjoy.
- 2. Volunteer to prepare the dinner desserts at home for a week. Assist in the planning of the menus so that you may have experience in making:
 - a. a fruit cobbler
 - b. fresh fruit and cheese tray
 - c. the queen of puddings
 - d. butterscotch blancmange
 - e. raisin rice pudding
 - f. gelatin
 - g. baked custard

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3. Select three of your favorite desserts and compare them in food value with an apple, a bunch of grapes, a piece of your favorite cheese. What are your conclusions?

4. Compare home-made puddings with the pudding mixes you can buy in your grocery store:

a. as to flavor and consistency.

b. as to cost.



MEALTIME MANNERS

Much of your time is spent with other people. This means that you are constantly making favorable or unfavorable impressions on them. Good table manners should be learned as early in life as possible to avoid embarrassment and discomfort. Practice good table manners at home and by all means listen to the suggestions for improvement made by the older members of your family. They have valuable experience to draw upon. It is poor policy to have two sets of manners, one for family and the other for company. The only way to become a kindly and well-mannered person is to practice good manners wherever you are.

Be punctual at meals. Make it a rule to be on time for meals both at home and elsewhere. When you are a guest, plan to arrive at least five minutes before the meal is to be served. At home, be within range of the dining room so that you can quickly take your place when the meal is served. To be punctual shows appreciation for your mother's or your hostess' efforts.

Be tidy at meals. Check your appearance, before mealtime. A clean pleasant face and a fresh dress or shirt will add to your own and the comfort of those who will look at you during the meal. Keep your posture "tidy" too. Do not rest your elbows on the table. While the right hand is being used, the left should be in your lap, unseen. Be sure to have a clean handkerchief tucked away in your pocket. Should you have to use a handkerchief during the meal, simply say "Excuse me" and turn your face away from the group. A serious fit of coughing is sufficient reason to ask to be excused from the table.

It is your responsibility to keep your section of the tablecloth as clean as possible. Do not lay soiled silver on the tablecloth and do your best not to spill things. Clean people and a clean table make eating more enjoyable.

Be alert and observant. When you are a guest, follow the host and hostess into the dining room. Wait until you are directed to a seat, then quickly and

quietly go there. Stand behind your chair until the hostess (or your mother) is seated. Sit down to the left of your chair, when possible. A man or boy assists the woman or girl to his right.

Sit quietly at your place. Avoid toying with utensils or with food. Watch the hostess for your cues. In some homes where a blessing is asked, the hostess will bow her head soon after everyone is seated. Others at the table should also bow their heads for the blessing.

Pick up your napkin only after the hostess has picked up hers. A luncheon napkin may be opened entirely, but not a large dinner napkin. Keep your napkin in your lap throughout the meal. When you use your napkin, bring it to your lips lightly. Do not wipe your lips with a flourish. If you must be excused to leave the table during the meal, place your napkin to the left of your plate. Do not leave your napkin on the chair. In your home, always fold your napkin at the end of a meal and place it to the left of the plate. If you are a guest at a meal, you may lay your napkin, without folding it, to the left of the plate. You are expected to remain at the table until everyone is finished and the hostess suggests moving.

Be punctilious when you eat. Wait until your mother or hostess gives the signal by lifting her fork or spoon before you begin to eat. Do not gobble your food as though you had not eaten in days. Eat slowly and quietly with your mouth closed. Never take part in the conversation when there is food in your mouth. Do not make unfavorable comments about the food. If you have been served a food you dislike, it is your duty to eat it without comment. If you have been served a food that is very pleasing to you, it is in good taste to tell the hostess that the food is well prepared. Make every effort to clear your plate. It is a compliment to the hostess' cooking ability to eat all of the food served to you. Many times you are asked to state a preference for a certain kind of food. When asked, do so immediately. This gives the hostess an opportunity to please you.

It is perfectly proper to pass your plate to the host or hostess for a second serving when it is offered. Place the knife and fork together, with fork tines up, toward the edge of the plate before you pass it.

Pass foods to the person on your right before serving yourself and pass sugar and cream containers so that the handles are turned towards the other person and can be conveniently grasped. In passing dishes of food, take care to keep fingers well on the under side of the dish.

At the beginning of a meal pick up your fork in your right hand. Use it to eat all vegetables (except creamed ones served in a side dish which are eaten with a spoon) including asparagus and French fried potatoes. Also use it for watermelon and pie. Do not mash food with it—or anything else—and do not use your own silver to serve yourself. Use the serving fork or spoon provided. When not in use, place knife and fork with tines up in the center of the plate close together.

Many people find it difficult to handle their knives and forks correctly. This is because they did not learn to do so at an early age. When you cut food hold



Official Photograph, Board of Education, City of New York

These students are practicing mealtime manners.

the fork in the left hand, with the tines down, and the knife in the right hand. The handle of the knife and fork are held against the palms of the hand. The index fingers rest on the handles and the other fingers are curled under. The fork holds the food in place while the knife is used to cut one bite at a time. Use your knife to cut only those foods which cannot be cut with a fork. Keep elbows close to the body while cutting. Instead of changing the fork to the right hand, you may also correctly keep the fork in the left hand and carry the food to your mouth, fork tines down.

Eat from the side of your spoon and take enough food on your spoon for one bite only. Do not pull food out of your mouth once it is placed there. Cut away the fleshy portion of a cooked peach and prune and carry it to your mouth. Leave seeds in the dish. When you use your spoon, dip soup away from you. Place the soup spoon in the soup plate when you are finished. After using a bouillon spoon a few times, it is correct to place it in the saucer, to take the cup by one handle, and drink the remainder. Never blow on soup to cool it. Wait a few minutes for it to cool off.

You may use your fingers to eat raw fruits cut into small pieces, small cakes, small cookies, canapes, celery, hard cheese, olives, radishes, salted nuts, and corn on the cob which has been broken into smaller pieces. Chicken

may be eaten from the bone if you cut off all the meat you can. Use only one hand to carry the bone to your mouth. Do not pick at your teeth or suck food out of your teeth at the table.

Do not wash food down with a beverage. Drink your water between courses or after the meal. Drink hot beverages directly from the cup. If you are not certain that your beverage is cool enough to drink, you may take one spoonful as a test. After that place the spoon in the saucer and *do not use it again*. When you are drinking from a cup or when eating finger foods, do not divorce your little finger from the rest of your hand.

Use your bread-and-butter plate for your bread, butter, and jam. Break off only a small portion of your bread and butter it. Do not butter a whole slice at one time. Use a small piece of bread as a pusher, but do not mop up gravy with bread.

Be calm when accidents occur. Even though you have been very careful, it is possible for an accident to occur. If you spill water, overturn a glass, or drop a piece of silver, do not make a scene. A quiet "I'm sorry" to your mother or hostess is all that is necessary. Permit your hostess to attend to the accident. Do not continue to explain and try to make amends. Everyone present will understand that the accident was unavoidable.

In the school cafeteria. Even though it may be tedious to stand in line and even though the cafeteria may use paper napkins and the tables may be crowded, there is no excuse for rudeness. If you push while standing in line, delay in making your selections, or criticize the food or service, you only add to the confusion. A study of the posted menu as you approach the service table will help you to make your selection more easily as will the quick assembly of silver, tray, and napkin. Home Economics students should help set standards for good manners.

Rules differ in lunch rooms as to service and special features. But it is fair to say that the lunch hour can be pleasant in every respect. Take time for wise choices and also take time to be leisurely. Make the lunch hour an interesting social experience for yourself and your friends.

A thoughtful person will make an effort to contribute to the conversation during the meal. Good conversation adds much to the enjoyment of luncheon and of every meal. Avoid unpleasant topics and introduce conversation which will be of interest to all those present at the table.

Eating out. Being at ease socially when you go to a restaurant with friends means knowing the rules of conduct so well that they have become automatic. Careful selection of a place to eat will contribute to the enjoyment of the meal. Two factors to consider are the cost and the quality of the food. Food should be good even if it is as simple as a hamburger in a "Hamburger Heaven." Unless you know the place you have chosen, it is wise to telephone in advance to find out whether reservations are necessary and to learn what the price ranges are as well as the type of food served.

A waiter or waitress usually directs the group to the table. If so, the custom is that the women precede the men in the party. Either the waiter or

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her escort pulls out the chair to seat each woman. The women are seated so that they have the better views.

Restaurants may have either or both types of service known as *table d'hôte* and à *la carte*. Table d'hôte indicates the price of the complete meal as stated on the menu. This means that there is a choice of appetizers, soups, main courses, vegetables, salads, breads, desserts, and beverages. For the à la carte service, there is a separate listing of foods, each with its price.

The host suggests items on the menu and, in this subtle way, indicates a suitable price range. He orders for his guest or guests and then for himself. If a pad and pencil are on the table, it means that the order is to be written. The listing is arranged as on the menu. The waiter takes the order sheet.

You may ask the waiter for suggestions as to the specialties served and for additional information concerning any item on the menu you do not understand. Well-traveled people never fail to ask for information when eating in unfamiliar places so that they may enjoy the foods which the restaurant features. Many restaurants have built a reputation for special foods.

The following terms appear on many of our American menus, so it is

a good idea to learn their meanings:

À la mode: desserts topped with ice cream. Au jus: cooked in natural juice or gravy.

Bisque: thick soup prepared with shellfish, fish, or vegetables.

Bonne femme: home style as applied to stews and soups.

Borscht: a Russian beet soup.

Compote: stewed fruits or fruit in syrup.

Creole: sauce with onion, mushroom, and peppers. Demi-tasse: small cup of very strong black coffee.

Entrée: dish served before main course or as a main course.

Filet: a choice strip of boneless meat or fish. Jardinière: containing mixed cut vegetables.

Lyonnaise: cooked with sliced onion.

Parfait: frozen dessert in tall glasses, attractively garnished.

Petits fours: assorted, small, fancy cakes.

Potage: thick soup.

Ragout: thick, well-seasoned meat stew.

Personal belongings such as gloves, scarfs, bags, and packages may be placed in a vacant chair but under no circumstances may they be left on the table. Any activity that concerns "make up" must take place in the powder room. This is a "must" for good taste. Any mannerism such as loud laughter and talking that makes one unpleasantly conspicuous should be avoided. If food is not acceptable and needs to be returned or if the service is poor, it is customary that adjustments be made with the waiter or manager without confusion. Acquaintances may join the party, but either they must be seated, or conversations and introductions should be kept brief since the meal does not improve with waiting during a long period of interruption.

After the meal, the waiter or waitress places the bill face down on the



A. Devaney, Inc., N. Y.

table or on a small tray. The host takes the check as unobtrusively as possible, looks over it to see if it is correct, and leaves a minimum tip of 10 per cent of the bill. He leaves a larger tip if the service has been so good that it is justified. If the host pays the bill at the table, he places the money on the tray. Otherwise, he pays at the cashier's desk.

If a young lady is hostess for her friends, or "cashier" on a popular "dutch treat" luncheon, payment should be cared for in advance or settled quickly at the table. Poise and dignity in public places should be carefully practiced.

SUMMARY

- The only way to become a well-mannered person is to practice good manners at all times.
- 2. It is inconsiderate not to be punctual for meals.
- 3. Good grooming is important.
- 4. A guest follows the lead of the hostess.
- **5.** Good conversation with contributions from all present makes a pleasant atmosphere at the table.
- **6.** In a restaurant when a waiter escorts the group to the table, the custom is that the woman precedes the man in the party.

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7. Restaurant service may be either *table d' hôte* which indicates a complete meal or *à la carte* which indicates a separate listing of food with individual prices. *Table d' hôte* is the less expensive type of service.

8. The host suggests items on the menu and in that way, indicates the suitable

price range.

ACTIVITIES

1. Discuss in class:

- a. the special responsibilities of a hostess, a host, a guest.
- b. the responsibility of each member of the family for the happiness of a guest.
- c. the value of being at ease socially, at all times.
- d. the possibilities of making meal time more enjoyable in your home.

2. Demonstrate:

- a. the correct way to seat the guest of honor, the hostess, and the women members of the family.
- b. the proper way to pass a cream pitcher; to open a napkin; and to hold a water glass.
- c. the proper way to eat finger foods. Make a list of these foods.
- d. other table courtesies in which you need practice.
- 3. Practice at class luncheons the roles of hostess, host, and guest. Take turns in assuming these roles.

4. Explain:

- a. the difference between table d' hôte and à la carte menus.
- b. such words as compote, creole, entrée, filet, parfait, ragout.
- c. the custom of tipping. What are acceptable amounts and methods of tipping?
- d. the laws that govern standards for public eating places in your community. Are they enforced?
- 5. Compare the cost of eating out with the cost of eating at home using carefully estimated costs of similar meals and snacks as a basis. What are the factors that add to the cost of meals eaten out?



MANAGEMENT AND SERVICE

- 1. Conserving Time and Energy
- 2. Success in Using Recipes
- 3. Planning Attractive Menus
- 4. The Consumer and the Market
- 5. Setting the Table and Serving



PART I

CONSERVING TIME AND ENERGY

Every young person who aspires to excel in cookery needs only some encouragement, some direction, and a certain amount of practice in order to give a top notch performance. However, should this young person also wish to become a food *manager*, there is a set of additional techniques and skills which must be acquired.

There are many considerations which enter into the planning of adequate, suitable, and enjoyable meals: they must be well balanced as to food value; they must fit the family budget; they should appeal to the taste and to the eye; and they should be planned so they can be cooked in a reasonably short time and served without confusion.

The activities involved in planning and preparing meals make large demands on time and energy. The amount of both of these at our disposal for homemaking varies. Some people tire more quickly than others, depending on their mental attitude, their state of health, and the efficiency with which they can perform their work. Although a certain amount of fatigue is a normal result of physical and mental exertion, the good manager will strive to keep it at a minimum.

USE OF EQUIPMENT

The arrangement of equipment in the kitchen has a great deal to do with the amount of time and energy the homemaker spends in the preparation of a meal. The careful arrangement of equipment, utensils, and supplies makes efficient work possible. While there are no set rules for kitchen arrangement, it is generally agreed that the refrigerator, sink, stove, and work surfaces should be fairly close together, so that jobs can progress in the kitchen in an orderly fashion from one work center to another.

The major activities involved in the preparation of meals are the storage of food, preparation of food for cooking, cooking, the clearing away of food, and the washing and storage of dishes and equipment.

To save time and steps in the preparation of meals, it is wise to store supplies, tools, and utensils near the work area where they are used most often, or where the work is begun. For example, if the coffee maker is first filled with water at the sink, it would be convenient to plan a storage space for it near the sink. Since knives are used frequently at the food-preparation center, this would be the best spot to place a knife rack. Sometimes a small piece of



The General Electric Company

This whole kitchen is planned for efficiency and enjoyment of work.

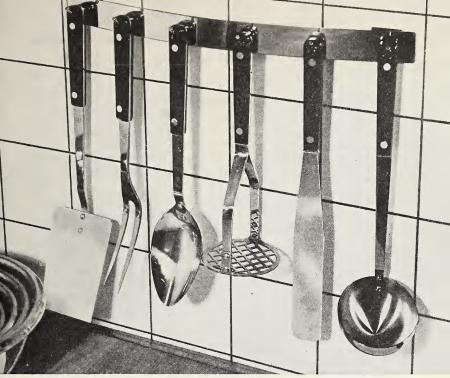
equipment such as paring knife or kitchen scissors is used both at the sink and the work-space area. If you have two of such a tool, store one at each place.

Utensils and supplies placed within easy reach of the person working in the kitchen help greatly to prevent strain and irritation brought on by stooping, bending, and stretching. Low cabinets jammed full of equipment and supplies are very difficult to get at. If sliding shelves or in-between shelves are used, the equipment can be conveniently placed without being stacked.

All too frequently, small, electrical kitchen appliances are not used because they are kept in some out-of-the way spot in the kitchen. Convenient storage space near the work area should be planned for an electric mixer, toaster, grill, etc.

Some people find it satisfactory from a step-saving point of view to hang such equipment as measuring cups, spoons, small saucepans, strainers, and beaters on hooks or nails.

Efficient tools. Tools may be a help or hindrance to the person preparing meals. Much time and energy are wasted when the paring knife has lost its sharp edge, when spoon handles are too large for comfort, when the can opener does not work, and when the mixing bowl is of such poor design that mixing is a tiresome procedure. Before a new piece of equipment is purchased, the use for which it is intended and the amount of care required to



Ekco Products Company

Efficiency in detailed arrangement is part of the scheme.

keep it in good condition should be carefully studied. Only well-designed and well-constructed tools should be purchased. Equipment which requires a great deal of care to keep clean is not very satisfactory from an efficiency standpoint.

Essential kitchen equipment. There is no end to the pieces of small equipment available for kitchen use. Some of these tools come under the heading of gadgets which may be ornamental but of no real value to the homemaker. But a certain amount of equipment is essential for efficient meal preparation. Much time and effort can be saved when these tools are on hand for the homemaker to use.

ESSENTIAL EQUIPMENT	OPTIONAL EQUIPMENT
dish pan (8 quart)	1 paper towel rack
1 dish drainer	1 bottle brush
1 garbage pail with cover	
1 pot scraper	
1 dish mop	
6 dish cloths	
6 dish towels	

NEAR PREPARATION CENTER

ESSENTIAL EQUIPMENT	OPTIONAL EQUIPMENT
4 assorted-size mixing bowls with sloping sides 1 glass liquid measuring cup 1 set standard measuring spoons 1 can opener 1 utility knife 2 paring knives 1 carving knife 1 knife sharpener 1 meat fork 1 wooden spoon 1 long handled basting spoon 1 long handled basting spoon 1 spatula 1 egg beater 1 vegetable peeler 1 potato masher 1 apple corer 1 pancake turner 1 soup ladle 1 small strainer 1 vegetable brush 1 grater 1 flour sifter 1 biscuit cutter 1 rolling pin 1 pastry board or piece of duck cloth 3 saucepans with covers (1, 2, and 4 quart) 1 2-quart double boiler 1 large iron skillet with cover 1 roaster 2 casseroles with covers (1 and 2 quart) 1 muffin pan 2 pie pans (9" and 10") 2 round layer-cake pans (8" by 11/4") 1 square cake pan (8" by 8" by 2") 1 loaf pan 1 cookie sheet 6 custard cups 1 kettle 1 tea pot 1 coffee maker Refrigerator dishes with covers for storage	I purée sieve Wooden chopping board Pastry blender I kitchen shears Gelatin molds Meat thermometer Candy thermometer Spring form Extra paring knives Bread knife Deep frying kettle and basket Toaster Waffle iron Pressure cooker Preserving bottles Griddle Vegetable tongs Draining spoons Vegetable bin Electric mixer
-6	

STORING FOOD

All foods are perishable under certain conditions. However, some will spoil more rapidly than others. Food may spoil without changing its appear-

ance and flavor. Leftover cooked foods such as cut-up, chopped, and ground meat, vegetable-and-meat combinations, creamed dishes, soups, stews, sand-wich fillings, salad materials mixed with salad dressing, and pastry fillings are among those foods which will spoil when not cared for properly. These foods should be stored in the refrigerator as soon as they have cooled off. In hot weather, the risk that these foods will spoil is even greater. During hot weather it is best to cool these foods in cold water and refrigerate them quickly. Foods that show any signs of spoilage should be disposed of immediately. The poison in spoiled food may cause a person to become dangerously ill.

In order to safeguard the family, prepared foods such as soups and chowders which are cooked outside the home should be heated to boiling temperature and held there for from five to seven minutes before using. Also, during the hot weather especially, cream fillings and pastries may be the source of outbreaks of food poisoning. These prepared pastries should be bought only when they have been kept under refrigeration.

Foods that spoil quickly require refrigeration the moment they are brought into the house. The following chart lists the most important of these highly perishable foods:

FOODS REQUIRING REFRIGERATION

CLASS	VARIETY
Dairy Products	Milk, cream, cheese, butter, and eggs
Frozen Foods	All kinds
Fresh Meats	All kinds of meat, fish, and poultry
Fresh Vegetables	Green-leaf vegetables, tomatoes, string beans, radishes, green peppers, asparagus, broccoli, and cauliflower
Fresh Fruits	Grapes, cherries, berries, plums, peaches, and rhubarb
Leftover Foods	Soups, sauces, meats, fish, poultry, vegetables, and cereals
Foods Prepared Ahead of Time	Salad mixtures, puddings, and custards

Not all of these foods require the same degree of coldness for protection. The more perishable foods such as milk, cream, butter, uncooked meat or fish, soups, and sauces require a lower temperature than less perishable foods such as fruits and vegetables with protective coverings. The following guide should be helpful in placing food in the refrigerator:

USING THE REFRIGERATOR

SECTION	FOOD STORED
Freezer	Frozen foods and frozen desserts
Directly under the freezer	Meat, fish, and cheese
Top shelf on either side of freezer	Milk, cream, soup stocks, sauces, butter and margarine
Middle shelves	Custards, puddings, leftover foods, foods prepared ahead of time, fruits, and eggs
Bottom section	Vegetables and most fruits

The efficiency of a refrigerator in preventing spoilage depends on the way it is used. Here are some suggestions for the most efficient use of the refrigerator:

- 1. Keep the temperature between 32° and 45°F. This is the safety zone for most foods. When the temperature goes above 45°F. the bacteria increase rapidly and food spoilage increases.
- 2. Open the refrigerator door as little as possible.
- 3. Keep the refrigerator clean inside and out. Spilled food should be cleaned up immediately. If this is not done, unpleasant odors develop and food acids stain the enamel.
- 4. Remove paper coverings from all foods. The exception is uncooked meat, which is covered lightly with waxed paper. Paper containers and wrappings act as insulation and keep the cold from freely circulating around the food.
- 5. Use inexpensive, clean, covered containers in which to store the food.
- Insure circulation of cold air around food by not over-crowding the shelves.
- Avoid putting onions in the refrigerator. The odor quickly spreads to other foods.
- 8. Do not put hot food directly into the refrigerator. Allow it to cool first. Otherwise it will raise the temperature in the refrigerator.
- 9. Wash milk bottles, especially caps, before storing in the refrigerator.
- 10. Wash fish quickly in running water. Then dry thoroughly with paper towels or a soft cloth and store in a covered container.

There are some foods which do not require refrigeration but which are sometimes chilled when space is available in order to improve their flavor. These include citrus fruits, melons, pineapples, apples, and pears. Coffee, bread, cake, and pastries keep fresher in the refrigerator, but first place should be given to the more perishable foods.





Ewing Galloway

Sitting while they work is only one of the good kitchen practices employed by these women. See how many other indications of efficiency you find in this picture.

Some foods are slow to spoil and do not require refrigeration. Among these are jams, jellies, peanut butter, syrups, salad dressings, root vegetables, and winter squash.

WORKING CONDITIONS

Counters and equipment of the proper height are aids to good posture which in turn affects good health. A good working surface height is one at which the worker can perform her tasks comfortably without bending her back, stooping her shoulders, or raising her arms in an unnatural position.

Work-counter heights of 36 inches appear to be satisfactory for the person of average height. A test that is frequently used to determine the suitable working height for an individual, is to have the worker stand up straight with shoulder blades back and place the palm of the hand flat on the table. For seated work, a height of 26 inches from the floor is ideal. This can be provided for by a pull-out lapboard or an adjustable work counter.

Poor lighting in the kitchen is frequently the cause of fatigue and accidents. The major working areas in the kitchen should be tested for efficient lighting and adjustments should be made where necessary. In a large kitchen the



National Safety Council, Inc.

Her unsanitary hair arrangement and the inattention which will soon cause the loss of a teapot both mark this girl as a poor kitchen worker.

addition of one or two shaded lights, usually located over the sink and work surface, is frequently necessary to supplement an overhead light.

The kitchen may be a dangerous place. Burns, cuts, and falls await the careless worker. However, such things can be avoided by following the rules of safety. Here are a few suggestions:

- 1. Use heavy pot holders to remove hot containers from the top of the stove or oven and to lift the lids from saucepans.
- Discard a cooking utensil if it cannot be mended. Loose handles are dangerous and can cause serious scalds and burns.
- 3. Place containers with the handles turned towards the back of the stove, especially when there are young children around.
- 4. Close cupboard doors and drawers after use. This will help to keep an orderly kitchen and prevent many cuts and bruises.
- 5. Wipe up spills on work surfaces and floors immediately.

The person who handles food must wear clean garments at all times. Some homemakers prefer to wear a wash dress when they are cooking. Dresses that can be easily laundered are always fresh and clean looking. A large comfortable smock may be worn.

Before handling any food the hands and nails should be thoroughly washed with soap and water. A small nail brush is a very satisfactory tool with which to clean the nails. The thoughtful person will trim the nails to a reasonable length. A good supply of paper towels should be placed near the food-preparation center for it may be necessary to wash and wipe the hands many times while handling food.

The hair should be neat and secure. Short hair can be pinned in place quite simply. However, to keep long bobs in place, it is necessary to wear a hair net or band. The hair should not be touched during the cooking and serving periods.

ORGANIZATION FOR MEAL PREPARATION

As you study and apply this book your work will gradually become more organized. The following chart will show you just what plans you have to make in the process of producing and serving a meal. The experienced homemaker does much of this work in her head, but it is wise for the beginner to follow such a written chart.

ORGANIZING MEAL PREPARATION

PLANNING

Plan a menu, keeping in mind the family's nutritional needs.

Plan the market order.

Decide when and where to buy.

SELECTING THE RECIPES

Choose recipes that have been tested.

Keep recipes on hand in recipe files.

Note any changes made in recipe on recipe card.

MARKETING

Check supply of staples and replenish those that have run out.

Buy as large quantities as your budget will allow and as can be used without waste.

SCHEDULING

Write down time for serving the meal.

Decide what jobs have to be done and when they must be done.

Plan a time and work schedule and indicate the time to begin and the time for food to be finished.

Start first the foods that take the longest time to prepare.

Dovetail jobs when possible.

STARTING TO COOK

Wash your hands.

Collect and have within easy reach the supplies and utensils needed for the preparation of the meal.

Use standard measuring equipment and measure ingredients accurately.

Cook at the right temperature. Use thermometers when available.

Keep a tray or dish on work surface to hold spoons, spatula, and forks.

Clean up as you work. Use newspaper or paper towels for such jobs as paring fruits and vegetables.

ORGANIZING MEAL PREPARATION (Continued)

Save utensils. Sift dry ingredients and grate cheese and lemon rind on wax paper or paper towels. Plan ahead and look for ways of eliminating utensils.

Test a small amount of food for flavor. Use a small spoon for testing. Do not reuse it without washing.

SERVING THE MEAL

Picture how the foods will look on the plate and then arrange them in the most attractive way possible.

Serve hot foods hot and cold foods cold.

Use edible garnishes. (It is now considered good manners to eat garnishes.)

Choose a method of serving the meal that is pleasing but simple.

Learn the basic rules for setting the table, so that it becomes routine. Use a tray to carry dishes, silverware, and glasses to the table.

EVALUATING THE MEAL

Analyze the results of your efforts.

Make a plan to improve your skills in meal management.

WASHING DISHES WITH A SMILE

Do you groan when it is your turn to do the dishes? If you do, it may surprise you to learn that many people find dish-washing a satisfying activity and actually accept the challenge of making it fun. It is easy to tell the dishwasher who likes her job. She treats the dishes with proper respect, stacking them in neat piles so that they will not slip onto one another and chip. No lick-and-a-promise wash for these dishes! You may be sure that they will receive nothing less than a real bath in hot soapy water. It is a known fact that when two friends work at it, the dishwashing takes care of itself. Make this a family job if you can, and do your visiting over the dishpan. Naturally, you should have a system for washing dishes, because that is the only sensible way to keep on good terms with the dishes and with yourself. A good system cuts down greatly on the time and effort spent in doing this task. It gives the dishwasher a real sense of achievement and pride to turn in a good performance in the shortest possible time.

If you are really anxious to make dishwashing easy, wash the dishes immediately after each meal or at least put them to soak. When food hardens on dishes, it usually becomes so hard that it requires the use of an abrasive or steel wool to remove it. When dishes cannot be washed after a meal, they should be scraped or rinsed before being stacked.

No matter what system is used the result must be clean dishes. Dull, cloudy-looking dishes are not suitable utensils for the serving of food. Scientific experiments have shown that dirty dishes are a source of contamination to human beings.

For successful dishwashing the equipment and supplies listed on the next page are needed.

Essential
hot water
soap or detergent
container for grease
scouring powder
rubber scraper
steel wool
dish pan
dish drainer
dishcloth or dish mop
dish towels

Optional
rubber spray
brush for bottles
rubber gloves
hand lotion
lintless towels for glasses

A system for dishwashing. There is no single system of dishwashing that will suit the needs of everyone. However, a good manager will be able to recognize a good system and adapt it to her own situation.

A suggested order of work for washing dishes is:

- 1. Wipe grease off cooking utensils with absorbent paper.
- Put to soak all cooking utensils that have not been cleaned. Use hot water for greasy and sugary utensils and warm water for utensils in which milk, eggs, or cheese have been cooked. The water may be put in each utensil and it may be left on the stove until its turn to be washed.
- 3. Put enough soap to make a surface covering of suds or the amount of detergent suggested on the label in the dishpan or sink. Fill two-thirds full of hot water.
- 4. Remove all dishes from the table. Use a tray or tea wagon to transport them to the kitchen.
- 5. Scrape each plate clean with a rubber scraper, or rinse it with hot water if very greasy. Stack it in its own pile.
- 6. Wash the dishes in the following order: glasses, silverware, china, and cooking utensils. Use fresh hot water and soap when needed.
- 7. Place washed dishes in the dish drainer in an orderly fashion.
- 8. Rinse with hot water from a spray attached to the faucet, or by pouring hot water over them from a water kettle. If you prefer dip rinsing, fill a second dishpan with hot water and dip each article into the water to remove the soap.
- 9. Dry the dishes with clean towels, or let them drain dry by standing. Glassware, silver, and cooking utensils should be dried thoroughly with a towel before putting them away.
- 10. Wipe off all surfaces around the dish washing area.
- 11. Wash out towels and dish cloths in clean soapy water, rinse, and hang up to dry.

Whether you follow this system of dishwashing or evolve your own, there are certain precautions which you should take. Utensils or parts of utensils



made of wood should not be soaked; water soaks into the wood, causing it to rot or warp. Wash in clear warm water and wipe dry immediately. Rubber also will deteriorate if allowed to soak in water. Wash rubber scrapers and rubber parts of utensils in clear water and dry completely. When you dry dishes, dry one at a time. Slipping one under the other is likely to scratch the finish of your dinnerware or else chip it. Do not subject china or glass to sudden changes of temperature. Variations in temperature increase the danger of cracking the glaze on dishes. Glass cooking dishes should be given a cooling off period after they have been removed from the fire before they are set aside to soak.

SUMMARY

- Being a good cook is not the same as being a good food manager which requires additional skills.
- 2. The arrangement of equipment and supplies has a lot to do with efficiency in the kitchen.
- Tools may be a hindrance or a help, depending upon their condition and design.
- 4. All foods are perishable.
- 5. Proper working heights and adequate light are important.
- The kitchen can be a dangerous place unless the rules of safety are observed.
- 7. Cleanliness in the kitchen is the first essential.
- 8. Organization is necessary to serve good meals on time.
- 9. A good system helps speed dishwashing.

ACTIVITIES

1. Look over:

- a. the arrangement of equipment and supplies in your kitchen at home. If your mother agrees with your conclusions, rearrange things in a more efficient way.
- b. the tools in your kitchen at home. Repair any that need it and suggest discarding those which are never used.

2. Demonstrate:

- a. the proper use of the refrigerator in your homemaking room. Have a narrator explain where the various foods are to be placed in the refrigerator and why.
- b. two or three systems of dishwashing. Discuss the advantages and disadvantages of each.
- 3. Report on early methods of refrigerating foods.
- 4. Plan a skit on safety in the kitchen. Invite another class in to see it.



PART 2

SUCCESS IN USING RECIPES

Good food is rarely produced with careless cooking methods. Whether the food is as simple as a poached egg or as elaborate as a wedding cake it requires the efforts of an informed cook who takes pride in her products. Take time to discover the factors that contribute to success in cooking. Among them are understanding of cooking terms, tested recipes, measured ingredients, and measured heat.

TERMS USED IN RECIPES

Many difficulties in cooking can be eliminated by a thorough understanding of the processes. Refer to this list often:

Bake. To cook by dry heat. Now usually done in an oven but occasionally in ashes, under coals, or on heated stones or metals. When applied to meats it is called *roasting*.

Barbecue. To roast an animal slowly on a gridiron, spit, or over coals in a specially prepared trench. The animal may be left whole or cut in pieces. While cooking it is usually basted with a highly seasoned sauce.

Baste. To moisten meat or other food while cooking to add flavor and to prevent drying of the surface. The liquid is usually melted fat, meat drippings, water, or water and fat.

Beat. To make a mixture smooth or to introduce air by using a brisk, regular motion that lifts the mixture over and over.

Blanch. To pour on boiling water, drain, and rinse in cold water. Used for rice, macaroni, and other pastes to prevent pieces from sticking together and for nuts and fruits to aid in the removal of skins.

Blend. To mix thoroughly two or more ingredients.

Boil. To cook in water or a liquid (mostly water) in which bubbles rise continually and break on the surface. The boiling temperature at sea level is 212°F. The terms "hard cook" and "soft cook" should be applied to eggs rather than "hard boil" and "soft boil."

Braise. To brown meat or vegetables in a small amount of fat, then to cook slowly in a covered utensil in a small amount of liquid. The liquid may be juices from meat or added water, milk, or cream.

Broil. To cook by direct heat. Grill.

Candy. (1) When applied to fruit, fruit peel, or ginger, to cook in a heavy sirup until plump and transparent, then drain and dry. Product also known as crystallized fruit, fruit peel, or ginger. (2) When applied to sweetpotatoes and carrots, the term means to cook in sugar or syrup.

Caramelize. To heat sugar or foods containing sugar until a brown color and characteristic flavor develop.

Chop. To cut into pieces with a sharp tool, as a knife.

Cream. To work one or more foods until soft and creamy, using the hands or a spoon or another implement. Applied to fat and sugar in place of blend.

Cut. (1) To divide food materials with a knife or scissors; (2) to incorporate fat into dry ingredients with the least amount of blending.

Cut and fold. To combine by using two motions, cutting vertically through the mixture and turning over and over by sliding the implement across the bottom of the mixing bowl with each turn.

Dice. To cut into cubes.

Dredge. To sprinkle or coat with flour or other fine substance.

Fricassee. To cook by braising; usually applied to fowl, rabbit, or veal cut into pieces.

Fry. To cook in fat; applied especially (1) to cooking in a small amount of fat, also called sauté or pan-fry; (2) to cooking in a deep layer of fat, also called deep-fat frying.

Glacé. To coat with a thin sugar syrup cooked to the crack stage. When used for pies and certain types of bread, the mixture may contain thickening and is not cooked to such a concentrated form as it is for fruits and nuts. It may also be uncooked.

Grill. See Broil.

Grind. To reduce to particles by cutting or crushing.

Knead. To manipulate with a pressing motion accompanied by folding and stretching.

Lard. To insert strips of fat, called *lardoons*, into or to place slices of fat on top of uncooked lean meat or fish to give flavor and prevent dryness.

Marinate. To treat with a marinade or oil-acid mixture which is usually a kind of salad dressing.

Melt. To liquefy by heat.

Mince. To cut or chop into very small pieces.

Mix. To combine ingredients in any way that effects a distribution.

Pan-broil. To cook uncovered on a hot surface, usually a frying pan. The fat is poured off as it accumulates.

Pan-fry. To cook in a small amount of fat. See Fry.

Parboil. To boil until partially cooked. The cooking is usually completed by another method.

Parch. To brown by means of dry heat; applied to grains, as corn.

Pare. To cut off the outside covering.

Pasteurize. To preserve food by heating sufficiently to destroy certain microorganisms and arrest fermentation. Applied to liquids, such as milks and fruit juices. The temperature used varies with the food but commonly ranges from 140° to 180°F.

Peel. To strip off the outside coverings.

Poach. To cook in a hot liquid using precautions to retain shape. The temperature used varies with the food.

Render. To free fat from connective tissue by means of heat.

Roast. To bake; applied to certain foods, such as meats and chestnuts. See Bake.

Sauté. To brown quickly in a small amount of fat, with frequent turning. See Fry.

Scallop. To bake food, usually cut in pieces, with a sauce or other liquid. The top is commonly covered with crumbs. The food and sauce may be mixed together or arranged in alternate layers in the baking dish.

Sear. To brown the surface of meat by a short application of intense heat; used to develop flavor and improve appearance.

Simmer. To cook in a liquid at a temperature of about 185°F. Bubbles form slowly and break below the surface.

Steam. To cook in steam with or without pressure. The steam is applied directly to the food, as in a steamer or pressure cooker.

Steep. To allow a substance to stand in liquid below the boiling point for the purpose of extracting flavor, color, or other qualities.

Sterilize. To destroy microorganisms. For culinary purposes this is most often done at a high temperature with steam, dry heat, or by boiling.

Stew. To simmer or boil in a small quantity of liquid. When applied to meat, simmering temperature is used.

Stir. To mix food materials with a circular motion for the purpose of blending or securing a uniform consistency.

Toast. To brown by means of direct heat; applied to grain mixtures, marshmallows and coconut.

Whip. To beat rapidly to produce expansion, due to incorporation of air. Applied to cream, eggs, and gelatin dishes.

USING TESTED RECIPES

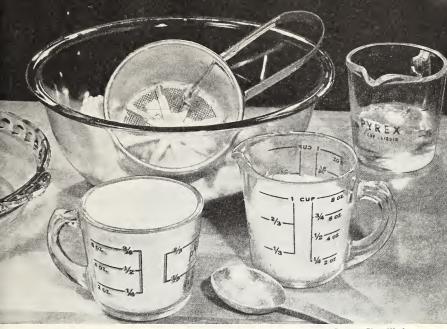
The less experienced cook will save time, materials, annoyance, and embarrassment by selecting a tested recipe and carefully following each step in preparation. Check to see that all ingredients are available, that you understand the terms and processes used, that necessary equipment is available, and that the number of servings are suitable for your use. If you have to convert the recipe it is recommended that these changes be written down since mental arithmetic is not too accurate when attention is diverted to other things.

A good recipe gives this information: a listing of ingredients in order of use, method of cooking and time required, type of heat, length of cooking period, amount produced from the recipe, special directions, if needed.

It is wise to learn to master a few basic recipes and some simple variations of them. Then master a few more recipes and skills as you become more confident of your techniques. Good judgment comes from experience.

CARE OF RECIPES

After you have tried and liked a recipe from a magazine or that someone has given you, you will be confronted with the problem of keeping it handy for another time. Crowding recipes into the kitchen table drawer is unsatisfactory since they get lost and badly worn. There are many better ways of caring for them.



Corning Glass Works

Practical and accurate measuring utensils are a necessity in the kitchen.

Scrap books are sometimes used, but pasting recipes into a book is a tedious job. Soon the book becomes badly mixed up and too bulky to handle. Also, unless you make an index or use a loose-leaf book and keep shifting pages, it is often hard to find the recipe you're looking for. An accordion-type file may be used. However, the most efficient means of keeping recipes together is the card-file system. Using the 4" x 6" cards allows room for a long recipe such as a cake together with its special filling. The advantages of the card-file system are that it is compact, cards may be added or replaced easily, the recipes are easy to find and to handle and it is inexpensive.

Once you have tried a recipe, jot down any comments or suggestions that you would like to remember. Collect recipes that have become family favorites.

Ideas for garnishing and for serving successful menus and bits of helpful information will be valuable additions to your file. Such a file will be a treasure chest when you assume the responsibilities of your own home.

MEASURING

To insure accuracy and ease in measuring, the following aids are recommended. They may be purchased at any five-and-ten-cent store, hardware, or department store:

- 1 standard set of measuring spoons—1/4 teaspoon, 1/2 teaspoon, 1 teaspoon, and 1 tablespoon
- 1 nest of measuring cups—1/4, 1/3, 1/2, and 1 cup
- 1 standard 8-ounce measuring cup with lip for pouring.

Since recipes are not limited to calling for teaspoons or cups, it is a good idea to learn the following measurements.

MEASURING TABLE

dash	—less than 1/8 teaspoon
1 teaspoon	—32 drops
1 tablespoon	—3 teaspoons
2 tablespoons	—1 fluid ounce
1/4 cup	-4 tablespoons
1/3 cup	—5⅓ tablespoons
1 cup	—16 tablespoons or 8 ounces
1 pint	—2 cups
2 pints	—1 quart
1 gallon	—4 quarts
1 peck	—8 quarts
1 bushel	—4 pecks
1 pound	—16 ounces (used in measuring weight)
1 pound of fat	—2 cups
1 pound of flour	—4 cups (approximately)
1 pound of cornmeal	—3 cups
1 pound of sugar	—2 cups
1 pound of powdered sugar	—2½ cups
1 pound of confectioner's sugar	—3½ cups
1 pound of brown sugar	—3 cups
1 pound of rice	—2 cups
1 pound of macaroni	—4 cups
1 pound of walnuts in the shell	—1½ to 2 cups kernels
1 pound of walnut meats	—4 cups
1 pound of pitted dates .	—2 cups
1 pound of raisins	—3 cups
1 pound of rhubarb	-3½ to 4 cups sliced
1 pound of potatoes	-2 cups diced = 2 good-sized whole
1 pound of cheese	—4 cups grated
1 pound of meat	—2 cups chopped
1/4 pound of marshmallows	—15 to 16
1 pound of milk	—2 cups
1 pound of water	—2 cups
1 package of cream cheese	—3 ounces
juice of 1 lemon	—about 3 tablespoons
juice of 1 orange	—about ½ cup
grated peel of 1 lemon	—about 1½ teaspoons
grated peel of 1 orange	-about 1 tablespoon
1 ounce of chocolate	—1 square

If it is necessary to use substitutions for any of the ingredients of a recipe, the following table will help to avoid mistakes. You will find it very useful. Some of the most famous recipes of the land—the kind that have been family secrets for generations—actually originated in wise use of substitutions in a good basic recipe.

SUBSTITUTE EQUIVALENTS

1 tablespoon flour	—½ tablespoon cornstarch
1 cup cake flour	-% cup hard wheat, all-purpose flour
1 cup corn sirup	—I cup sugar plus 1/4 cup liquid when used to replace one- half of the sugar
1 cup honey	-1 to 11/4 cups sugar plus 1/4 cup liquid
1 ounce chocolate	—3 to 4 tablespoons cocoa plus ½ tablespoon fat
1 cup butter	—1 cup margarine
	% to 1 cup hydrogenated fat plus ½ teaspoon salt % cup lard plus ½ teaspoon salt
	% cup rendered fat plus ½ teaspoon salt
1 cup of sour milk	—1 cup sweet milk plus 1 tablespoon vinegar or lemon juice
1 cup of milk	—½ cup of evaporated milk plus ½ cup of water 4 tablespoons of powdered milk plus 1 cup of water
1 cup coffee cream (20%	₀) —3 tablespoons butter plus about ¾ cup milk
	%)—1/3 cup butter plus about 3/4 cup milk
1 teaspoon SAS-phosph	
baking powder	-1½ teaspoons phosphate baking powder
81	2 teaspoons tartrate baking powder
	½ teaspoon soda plus acid of 1 cup fully soured milk or soured buttermilk
	½ teaspoon soda plus acid of 1 tablespoon vinegar or lemon juice used with 1 cup sweet milk
	½ teaspoon soda plus acid of ½ to 1 cup molasses.
	½ teaspoon soda plus 1¾ teaspoons cream of tartar
1 teaspoon of baking	, z r r r r
powder	-1/4 teaspoon of soda plus 1/2 teaspoon of cream of
1	tartar

Temperature. Since it is of the greatest importance in many kinds of cooking, temperature should be measured as carefully as ingredients. Thermometers are accurate and comparatively inexpensive to purchase. They will last many years with reasonable care and will save money by making it possible to consistently produce superior results. A cooking failure is an expensive experience in materials, labor, and morale. An oven thermometer is unnecessary if the oven has a thermostat that regulates heat. If the stove does not have this control, a thermometer is a "must."

Other thermometers that are useful to have are a meat thermometer, a candy and jelly thermometer, and a deep-fat frying thermometer. A meat thermometer eliminates any guess work in meat and poultry cookery. It makes possible more servings by eliminating unnecessary shrinkage. A candy and jelly thermometer is a big help to the new homemaker, since sugar cooking is difficult without experience. This gives the accuracy in cooking that eliminates costly mistakes in jelly making, candy making and in frosting. A deep-fat frying thermometer is a great aid in producing standard products when foods such as fried potatoes, doughnuts, croquettes, and fried chicken are prepared.

In many of the modern mechanical refrigerators there are dials that regulate the temperature of the freezing unit. The temperature may be made so low that ice cream can be frozen before many ice cystals have time to form. This means much in getting the right texture in frozen desserts.

SUMMARY

- 1. Good food is rarely produced with careless cooking methods.
- Factors that contribute to success in cooking are: understanding of cooking terms, tested recipes, measured ingredients, and measured temperature.
- 3. The less experienced young cook will save time, materials, temper, and embarrassment by selecting a tested recipe and carefully following each step in preparation.
- Recipes acquired from friends or torn out of magazines are best stored in a file.
- Dry ingredients, liquid ingredients and fats are measured by different methods.
- **6.** Temperature may be measured by a thermometer. With care, thermometers last many years.
- Modern mechanical refrigerators have dials that regulate the temperature of the freezing unit.

ACTIVITIES

1. Discuss:

- a. the different methods of caring for recipes. Which do you prefer?
- b. the information that a good recipe should give the cook.

2. Demonstrate:

- a. the use of types of measuring equipment.
- b. the methods of measuring these materials: flour, milk, and fat.
- List some inexpensive equipment that is helpful in good cooking procedures.
- 4. Check school and home for seldom-used equipment and
 - a. suggest ways of streamlining kitchen arrangement.
 - b. store less frequently used equipment so that more useful pieces have adequate space.

PART 3

PLANNING ATTRACTIVE MENUS

The first responsibility of the food manager is to plan meals which will give her family the maximum food value for good health. It is sound to use the basic seven food groups as a guide for planning menus. However, her responsibilities do not stop there. Many meals are nutritionally sound but lacking in color, flavor, and texture contrasts. A well-balanced meal is not necessarily an appetizing meal. To be able to plan suitable food combinations for all occasions requires real ability and experience.

COLOR

The skillful food manager chooses food combinations with the finesse of an artist choosing oils for a picture. In order to do this, she must visualize each completed dish as it will appear to the person eating it. With the world's greatest food market at our disposal, there should be little difficulty in finding foods that offer a variety of color for any meal. There is no limit to the different combinations that can be used to make food attractive and satisfying.

Try to see the following foods on one plate: roast lamb, buttered turnips, and scalloped potatoes. Unappetizing, are they not? They are all light in color and have the same general appearance. The plate is lacking in eye appeal. If you change the turnips to green peas, the scalloped potatoes to a baked, stuffed potato, and garnish the lamb with a sprig of fresh watercress, you will have a very different picture.

Food should be arranged so that contrasting colors are next to one another. Garnishes can effectively be used to accent the colors on a plate. Cooked fruits or relish are good with a light-colored meat. When serving salads on lettuce leaves remember that the outside leaves are more colorful than the inside ones. If you must serve potatoes and cauliflower at one meal, dress up the cauliflower with a colorful sauce. Avoid having one color dominate a meal unless you are celebrating a special occasion such as St. Patrick's Day.

FLAVOR

Food must tempt the palate as well as the eye. Flavor, which includes fragrance as well as taste, is the real appeal in food. Combinations of foods may complement or detract from each other. Bland foods with sharp foods, for example macaroni and cheese, are a good combination. On the other hand it is wise to avoid using two strong-flavored vegetables such as cauli-

flower and turnips at the same meal. All sweet or all tart flavors should be avoided. Combine sweet, tart, and bland foods for the best possible combination. Sometimes this can be accomplished by the use of a sauce, relishes, or small servings of preserved or spiced fruit.

Natural flavors can be heightened or improved by a pinch of marjoram, a sprinkle of cheese, some chopped chives, and so forth. But flavor must be added with restraint for the moment that seasonings become obvious, the indefinable charm and harmony of fine flavor is lost.

Everyone's reaction to flavor is individual. Many factors influence our reaction to it: our state of health, pleasant and unpleasant associations with a food or flavor, characteristic food habits and religious customs, and geographical locations. As we grow older and broaden our background we find that our taste changes. In fact, that is one of the phases of passing the stage of adolescence and "growing up."

Spices. Used as a food preservative centuries before the development of mechanical refrigeration, spices also masked the taste of semi-spoiled foods as well as added flavor. In the Middle Ages they were very expensive and rare. They were sometimes used as a medium of exchange instead of money. Wars were fought to obtain them and dangerous voyages undertaken to find shorter trade routes to them—as Americans have reason to remember.

Spices are pungent or delicate depending upon the oils they contain and where they come from in the plant. From seeds we obtain celery; from bark, cinnamon; from fruits, nutmeg, pepper, and allspice; from buds, cloves, and mace; and from roots, ginger. The following is an inexpensive yet adequate basic spice list. Some suggested uses are also given. Small boxes of spice cost only a few cents and last many months if the boxes are kept closely covered.

COMMON SPICES

NAME	USE
Allspice	Cakes, cookies, meats, and pickles
Caraway Seed	Cakes and breads
Celery Seed	Salads and pickles
Cinnamon	Stewed fruits, cakes, cookies, pies
Cloves	Cookies, cakes, sauces, baked ham
Chili Powder	Mexican seasoning for meats, beans, and vegetables
Ginger	Cakes, cookies, and pies
Mace	Delicate cakes, cookies, preserves
Mustard	Meats, mayonnaise, relishes
Nutmeg	Desserts, cakes, custards
Pepper	Meat, eggs
Paprika	Seasoning for meats, salad dressings, and a garnish
Blends	Curry, pickle spices, and poultry seasonings

Herbs. In olden days herbs were used for medicinal purposes. However, they were also appreciated for flavoring. Martha Washington had a large herb garden at Mount Vernon. She was a gourmet and an authority on food

and she wrote a cookbook that is available today with modern adaptations of its recipes.

Herbs are the leaves of plants. They may be used fresh, dried, or powdered.

COMMON HERBS

FINE HERBS	USE
Bay Leaf	Sauces, meats, soups, legumes
Sweet Basil	Salads, eggs, and broiled tomatoes
Chervil	(A member of the parsley family) salads, soups, and fish
Chives	Salads, eggs, soup, fish
Sweet Marjoram	Vegetables, sauces, meats, and soups
Thyme	An all-around herb for meats, stews, soups
ROBUST HERBS	USE
Dill	Pickles, fish, and soups
Horseradish	An appetizer for fish, meat, and in sauces
Garlic	Meat, sauces
	D
Mint	Beverages, sauces, jelly
Mint Sage	Beverages, sauces, jelly Stuffings and sausage

Pinney from Monkmeyer



A half teaspoon of dried or ¼ teaspoon of powdered herb is equal to 1 teaspoon of chopped fresh herbs. The fresh herbs are hard to obtain unless you grow them yourself. They make a very pleasant spot in the garden—or if you don't have a garden, can be grown in a window box.

Herbs are classified as to strength. The most delicate are called *fine herbs*. An "omelette aux fines herbes" is a famous French specialty. The other group of herbs, the *robust herbs*, is probably more familiar in the average home.

Garlic is the strongest of the robust herbs, so only a suspicion of garlic is needed. Rub a cut clove of garlic on the inside of the salad bowl or allow the clove to remain in the salad dressing for a few hours. Not everyone likes garlic. A more subtle but similar flavor can be gotten from chives.

Herb butters are delicious with meats, fish, and vegetables. These butters can be prepared by simply creaming 2 tablespoons of butter or fortified margarine and then adding 1 tablespoon of freshly chopped herb (½ teaspoon dried or ¼ teaspoon powdered) and mixing well. Season with a few drops of lemon juice and a sprinkle of salt and serve on food as desired. Herbs cannot be used to better advantage!

Flavorings. Aromatic oils or essences from flowers, fruit, leaves, or roots preserved in a solvent—either an alcohol or an oil—are called flavorings. They are also made artificially, but the true flavors are preferable. It is well to read the label carefully for it must give information about whether the product is made from true or artificial flavors. It is economy to buy the better quality. Favorites that can be found on nearly every kitchen shelf are:

FLAVORINGS

NAME	USE
Almond	Cakes, cookies, puddings, and candies
Lemon	Puddings, cakes, candies, cookies
Mint	Sauces, desserts, and gelatin salads
Orange	Candies, cakes, puddings, and sauces
Vanilla	All types of desserts and candies

Other less well-known flavorings that are good are: allspice, cinnamon, cloves, rosewater, strawberry, raspberry, maple, walnut, and caramel.

Salt. Refined sodium chloride or salt, as it is commonly called, is used to bring out flavors that might otherwise remain hidden in bland foods such as potatoes, rice, cereals, breads, eggs, fish, meat, and poultry. A pinch of salt will even bring out the full flavor of a dessert. The purpose is not to make food salty, except when used in potato chips and a few other foods. It is to bring out the full natural flavor.

Iodized salt is ordinary salt to which a small quantity of potassium iodide has been added. The flavor is unchanged.

TEXTURE AND FORM

A meal consisting of all soft foods is unappetizing to the person in good health. A meal will be more attractive if the foods included have a variety



Henle from Monkmeyer

Ice cream is especially good in the summer.

of textures and forms. Small servings of raw fruits and vegetables, vegetables served in their skins (potatoes and squash), and meat contrast in texture with the soft foods in a meal. A crisp vegetable should be served with a soft one.

Little cubes and circles of food are interesting only when combined with larger forms. Cut food into large, firm pieces, unless it is to be served chopped or mashed. Arrange food so that it is in valleys and hills rather than all on one level. Stuffing food in peppers and squash shells and serving potatoes in their skins help achieve this effect. Place medium sized portions of food well within the rim of the plate.

VARIETY

"What shall we have for dinner tonight? I'm tired of thinking of food." This is a remark frequently made by the menu planner who finds her job unchallenging. Too often, this attitude leads to monotony in menu planning. Foods that are quickly and easily prepared are apt to be chosen in preference

to foods which require a little more preparation. But such meals can become routine and matter-of-fact, and so lack the interest and lift that good meals can give. By serving a limited number of foods each day, it is possible to offer new foods from day to day.

One rule that works like a charm is to avoid repeating foods and flavors in different courses of the meal. For instance, when tomato juice is served as an appetizer, its flavor must not be repeated in a tomato sauce or a tomato salad later on in the meal.

For the best possible enjoyment of color and flavor, choose foods when they are in season. Foods are at their best as well as their cheapest at the height of the season. Watch the fruit and vegetable market for changes. When a fruit or vegetable makes its first appearance of the year, purchase a small amount of it to add new interest to the menus. This does not need to become an expensive practice. In early spring, a fresh strawberry or a few blueberries used as a garnish on a fruit cup or a half grapefruit will be appreciated and remembered by all family members.

The season of the year has a marked affect on the appetite. In the fall and winter months, menus should be made up of the richer foods which have good staying qualities. Meat may frequently be served for luncheon as well as dinner. Hot rolls, pastries, and puddings are popular during these seasons.

During the spring and summer months there are generally more fresh fruits and vegetables on menus. Salads are frequently served as the main course and desserts take the form of fresh fruit, gelatins, sherbets, and ice cream. It should be remembered, however, that the food needs of the individual do not change during the hot months. For young people, summer usually means increased rather than decreased activity. The calorie requirement usually should stay the same or even increase during the summer months for this age group.

THE RIGHT TEMPERATURE

To be really enjoyed food must be served at the right temperature. Hot foods must be hot and cold foods cold. Many a potentially good meal has been ruined because of a warm fruit cup or a cold omelet.

There is little reason for serving a meal consisting of completely cold or completely hot foods. Even during the summer months, a good menu will include at least one hot dish. During the winter months, chilled fruit juices, fruit cup, fruit salads, and frozen desserts make suitable contrasts for the hot, in-between courses.

SUMMARY

- 1. Well-balanced meals from a nutritional point of view are not necessarily appetizing because they may lack color, flavor, and texture contrasts.
- The skillful food manager plans menus in which there are pleasing color combinations.
- 3. Flavor includes fragrance as well as taste.
- 4. Combinations of food may complement or detract from each other.
- 5. Spices, herbs, flavorings, and salt are used to season food.

- 6. A contrast in texture and form adds interest to a meal.
- 7. Foods in season are at their best.
- 8. The same food or flavor should not be repeated in a meal.
- Hot food should be served hot and cold food, cold. Every menu should include at least one hot dish.

ACTIVITIES

1. Plan:

- a. and serve in class luncheons that illustrate good color and texture combinations.
- b. luncheons that illustrate interesting use of color and form. See if you can collect simple attractive menu illustrations from magazines for classroom use.

2. List:

- a. the spices and herbs used in your home. How are they stored?
- b. the new spices and herbs you have learned to use at school.
- **3.** Learn to identify several herbs by the shape of the leaves or plants as well as by their taste and fragrance.

4. Plan:

- a. a luncheon that would taste good during a heat wave.
- b. a luncheon for below freezing weather.
- c. and serve a luncheon suitable for the present weather.



THE CONSUMER AND THE MARKET

HOW MUCH SHALL BE SPENT ON FOOD?

The good homemaker is ever alert to ways and means of reducing food bills—without, of course, sacrificing the rules of good nutrition. The amount of money and the percentage of their income that different families spend on food varies widely. Families with less income spend less money but a higher portion of their income on food than families in the higher income brackets.

Fortunately, the highest-priced foods are not always the most nutritious. Though the family with a medium or high income will have a wider variety of food to choose from, by planning carefully, families whose food budgets are low can enjoy wholesome and nutritious meals. At any income level an



The Grand Union Company

Shopping in a supermarket.

adequate food allowance must be set aside to provide the right foods for the best health of the family.

WHERE SHALL I BUY?

This is a question frequently asked by homemakers. The cleanliness of a store is of great importance to the health of the homemaker and her family. Poor standards of cleanliness reflect the careless business ability of the manager and his lack of concern for the health of the community. The consumer should make it a practice to buy only in stores that maintain high standards of cleanliness. By so doing, it may be possible to raise the standards of other stores in the community.

In most communities there are several types of stores that sell groceries. The consumer who wishes to get the most for her money will make a survey of the services each one offers and the price differences among them.

The *chain store* which is usually a cash-and-carry type, often presents a real opportunity for cash savings. For the customer who is not interested in a charge account, buying at this type of store seems sensible.

The *independent store* generally offers credit and delivery services to the customers. For the most part, items are marked up higher than in the chainstore group. Independent store owners make an effort to stock hard-to-get food items that cannot be purchased at other stores.

The supermarket has come to be an important shopping center for food in many communities. In this type of store the consumer may make his own

selections from the shelves. Most supermarkets follow the cash-and-carry policy of merchandising. Special sales of several cans or packages of a brand at a reduced price offer opportunities for real cash savings.

The producer. The purchase of food directly from the farmer or the farmer's market is one way for the city dweller to obtain fresh produce. But, this is a good buying practice only when the consumer can identify quality and is familiar with the current retail prices of the food to be purchased. In some city areas, the demand for so-called "farm-fresh eggs" is so great that a higher price is paid for the privilege of having them delivered directly from the farm. While this may be a reliable way of obtaining fresh eggs, it is not the most economical way.

It is very likely that no one type of store will meet the needs of any one family. It is entirely possible for a family to make use of all types of stores in a community, making suitable purchases from each. In general, the lower the income the more important it becomes for the consumer to avail herself of the price advantages of the non-service stores.

Personal shopping versus shopping by telephone. The homemaker who makes her own selection of food has an opportunity to determine which quality of food best suits her needs. By inspecting food before purchasing it, the consumer can select fresh undecayed fruits and vegetables, identify the cut of meat she desires, and take advantage of any real bargains.

Buying packaged meat-a new development in the supermarket.

The Grand Union Company



The homemaker who is needed at home to care for a sick member of the family or to preside at a very important family function may well order her food by telephone. However, ordering food by telephone is never entirely satisfactory and the intelligent consumer finds it to her advantage to do so as little as possible. When a food order is given over the telephone, the responsibility for selecting the food is left entirely to the clerk, and although the consumer may be entirely satisfied with the selection made, it is not possible to know whether or not a better selection might have been made in person. Too often, the customer who is a "telephone customer" is always sent the "best" quality offered by the store. Quality in a situation like this is too often measured by cost.

The consumer's responsibility to the salesperson. The efficient homemaker will plan what and how much to buy before she starts out to shop. The shopper who haphazardly selects her purchase in a busy store takes up the clerk's time unnecessarily. Some shoppers are unaware that they add to the cost of food when they carelessly bruise and squeeze fruits and vegetables while inspecting them.

In general, the salesperson is only too anxious to please a customer and is frequently bewildered when a customer is deliberately rude. A soft-spoken request and a pleasant "thank you" are always welcomed by the busy clerk.

It is important for the consumer to keep in mind that the lowest price that he can get for an article is not always a fair price. A store manager may find that, in order to prevent foods such as fresh fruits and vegetables from spoiling, he must offer them at a price lower than that which he paid for them. The consumer would be wise to take advantage of such an offer but it would be unfair to expect the same bargain prices to prevail the year round. There is a certain amount of expense entailed in running a store and the owner should be allowed a fair percentage of markup to permit him to pay his bills, pay his employees, and have some profit.

WHEN AND WHAT SHALL I BUY?

Studies show that the largest food purchases are made at the weekend. In view of this fact, it would be well for the busy homemaker to make her food purchases, or at least do the major portion of her marketing, at the beginning of the week. The advantages of such a practice are better selection of fresh fruits and vegetables, more time to compare prices and quality of food products, and more efficient help from clerks in selecting the food purchases.

What unit of measure should be used? At the present time some foods are sold by the pound while others are sold on the basis of a dozen, head, bunch, or quart. The use of the pound as a unit of sale seems to be increasing. There is a sound reason for this. When cabbage or similar foods are sold by the pound, each customer can be reasonably sure he will receive a fair value in return for the money spent. When cabbage is bought by the head, the picture is very different. One customer might receive a large, heavy head, while a less-favored customer, a smaller head.

Then too, comparisons are easier to make by the pound. The price difference between pounds of large oranges and of smaller ones is easier for the consumer to compute than the price difference between dozens of each size.

How much to buy? Sometimes it is possible, by buying a larger quantity of a food, to make a cash saving. In general, the price per pound of canned fruits and vegetables of the same quality is cheaper in the larger cans. There are a good many different sized cans on the market and sometimes the difference in size is so small that there is likelihood that the customer will mistake one size for another unless he reads the weight on the label.

What kind of container should be bought? The various sizes and shapes of packages found on the shelves in stores tend to confuse the consumer. There has been some simplification of containers following the provision of the Federal Food, Drug, and Cosmetic Act of 1938. It stated that containers shall not be "so made, formed, or filled as to be misleading" and that the weight must be given on the label. Nevertheless, there is a tendency for the manufacturer to package foods in containers that give the false impression of containing the standard measure of the pound, pint, and quart. Because of the shape of the container, what seems to contain a pound may actually contain slightly less than a pound. But, the customer who carefully reads the label will not be misled by styles in packaging.

Toward the standardization of food. The average homemaker needs some information which will help her make wise food purchases. Upon entering a store, she is confronted with any number of canned, packaged, and fresh foods. Even the more experienced buyer often has difficulty in selecting the best quality for money spent.

The Council on Foods and Nutrition of the American Medical Association has been effective in controlling food advertising. It is the function of this group to analyze the advertising and the labeling of foods. Only when the advertising meets with the requirements set up by the Council on Foods and Nutrition may the product carry a seal of approval. The Council is alert to claims made about a food product pertaining to its nutritive value. Any ex-

The larger the quantity bought, the lower cost per unit. However, quantity buying is economical only if you can use the larger amount before it spoils and if you have room to store it.

Farm and Home Week Exhibit

Size and shape of the container do not always indicate the quantity. The bottle on the left holds one ounce more of vanilla than the bottle next to it. All three bottles of French dressing hold one pint.

Farm and Home Week Exhibit





aggeration or dramatic emphasis on the nutritional value of any one food is considered a deception. Such food does not then receive the approval of the Council.

Pure-food laws. The Food and Drug Act of 1906 was put into effect mainly to protect the consumer from harmful foods and from misrepresentation. Although this law offered some degree of protection to the consumer, other legislation was needed to protect the unknowing consumer against misrepresentation and adulterated foods.

The Federal Food, Drug, and Cosmetic Act of 1938 has been hailed by many as a great step forward toward adequate consumer protection. However, there is still much to be hoped for in terms of government legislation to protect the consumer in the purchase of foods. Some of the important provisions of the Act are these:

- It prohibits traffic in food which may be injurious to health; mislabeling and adulteration of food; and confections containing metal trinkets and other inedible substances.
- 2. It requires that the major ingredients of food mixtures must be listed on the label.
- 3. It requires that, if a product is an imitation of another food, it must be described as such.
- 4. It requires that, if a food contains artificial coloring and flavoring and chemical preservatives, it must be so stated on the label. The provision on artificial coloring does not apply to butter, cheese, and ice cream.
- 5. It requires that, if a food is represented as having special dietary use, it must bear on its label information about its vitamin, mineral, and other dietary properties.
- 6. It makes provision for reasonable standards of quality and quantity in the container for each food.

Federal pure-food laws can affect only interstate commerce. It is up to each state to pass laws which will offer protection to the consumer against harmful products and misrepresentation on a level equal to that offered by the government. Food laws in the various states often protect some foods and neglect others. Only ten states require that eggs be graded, some cities have milk graded, and North Dakota requires the grade labeling of canned fruits and vegetables. Seattle is outstanding among the cities for its compulsory meat-grading law.

Grade labeling. Any canner who so wishes may make use of the grades for food commodities which have been set up by the Department of Agriculture under the Federal Food, Drug, and Cosmetic Act. Packers who use these official United States grades must comply with the set standards. Failure to do so is a serious offense and the packer is liable to the penalties for mislabeling which are provided under the Act.

Some canned fruits and vegetables carry the prefix *U.S.* with the grade. Such canned fruits and vegetables are packed in plants under the continuous inspection of an inspector from the United States Department of Agriculture.

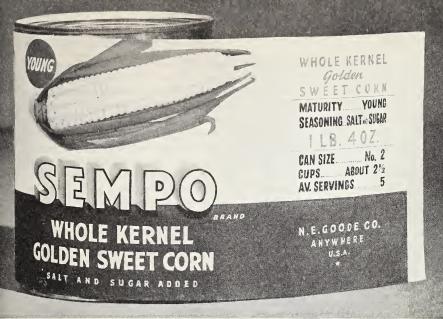


Ready for the after-school crowd.



Charles Phelps Cushing

High school students in a small town in New York state find that it's fun to practice routines and recipes when class is not in session.



National Canners Association

This corn is not graded, but the label gives some information.

Only plants which meet the requirements for sanitation and housekeeping will be granted the services of an inspector. The packer pays for the inspector's services.

More and more consumers are looking for graded labels on canned foods. It is impossible to see the contents of a tightly sealed can. Many times the consumer will pay a high price for a can of fruit or vegetables, because an attractive picture label gives the impression of quality.

The official grades for 43 canned fruits and vegetables which have been set up by the U. S. Department of Agriculture are Grade A (Fancy), Grade B (Extra Fancy or Choice), Grade C (Standard), and below C grade (Substandard). All grades are nutritious and wholesome. Grade A foods are quality fruits and vegetables. They are carefully selected as to size, color, degree of maturity, and freedom from blemishes. The fruits are ripe and have good color. In general, fruits are packed in a syrup which ranges from extra heavy to light. Grade-A vegetables are usually very tender and succulent. Grade-B products are slightly less uniform in size, color, and degree of maturity. However, grade-B fruits are of good color and may be packed in an extra heavy or light syrup or in water. Grade-C canned fruit may be slightly off color, unmatched as to size, and though mature, it may vary somewhat in degree of ripeness. The fruit may be packed in water or syrup. Grade-C vegetables are riper than those of the higher grades. There are some canned fruits and vegetables that do not fully meet the requirements of grade-C but these remain wholesome and nutritious. These foods are labeled as substandard and it is permissible to sell them on the retail market.

Some companies claim that a single word or letter cannot describe the quality of a food and instead of using government grades, they put a descriptive statement on the label about the color, size, uniformity, absence of defects, and degree of ripeness of the product. Some of these statements are more optimistic than informative.

Some consumer groups would like to make grade labeling compulsory and in addition would like to require on the label information about the variety, the type of pack (whole, diced, halves), the amount in cups or servings, and the density of the syrup (extra heavy, heavy, medium, or light).

Grading of meat. All meats that cross state lines must be federally inspected to make sure that they are fit for human consumption. In addition the federal government offers the service of grading meat for quality. We will go into this subject further in the section on "Meats."

RULES FOR KEEPING FOOD BILLS DOWN

When food costs are high, the following suggestions may help to keep food bills down:

- 1. Buy foods in season.
- Consult newspaper and radio market reports for daily information about leading food buys for the day.
- Plan the market order around the family's nutritive needs and do not overbuy. This helps to eliminate as much as possible the problem of leftovers.
- 4. Use evaporated and dried milk for cooking purposes; grade B milk for drinking.
- 5. Shop around, compare prices, and buy in the store that offers the best money value.
- 6. Do not use prepared foods such as chocolate pudding, some canned soups, spaghetti dinners, and canned beans. They are more expensive than the same foods when prepared at home. Prepared foods are valuable to have on hand for an emergency, not for general use.
- 7. Use "standard" or grade C of canned foods instead of "choice" or "fancy grades." They are less expensive and the food value is approximately the same.
- 8. Use lard, suet, and inexpensive oils for cooking.
- 9. Buy day-old bread when it is available.
- 10. Buy only enough perishable foods for immediate use.
- 11. Buy bulk food rather than packaged when available.

SUMMARY

- 1. The person who buys food should develop judgment about where, how, what, how much and when to buy.
- 2. Large amounts of money spent for food do not always indicate that the members of the family are adequately nourished.

- It is a good plan to know all the stores in your community in order to compare the type of service offered. Then you may decide which store will best suit your needs.
- 4. Plan what you are going to buy before going to the store.
- 5. In general, personal selection of food is more satisfactory and economical than ordering food by telephone.
- 6. Buy staple foods in a large quantity when storage space and budget permit.
- In order to get the most for your money, take advantage of low prices for abundant foods.
- 8. The label on a can of food can be a guide for selection since it must give the content of the can, the manufacturer, and the brand name.
- 9. Grades are the best guides. Grades A, B, and C have been set up by the United States Government for certain canned fruits and vegetables.

ACTIVITIES

1. Study:

- a. the labels on canned foods that come into your home. Classify them according to labels which give little or no information and labels which give clear, concise information. Report your findings in class.
- b. the buying practices of other shoppers. Write out a description of a person who shows good judgment in making purchases and one who shows poor judgment. Discuss these in class.
- 2. Compare the contents of a can of grade C and a can of grade A tomatoes. How do they differ in appearance, taste, nutritive value, and cost?

3. List:

- a. the foods that are purchased in bulk in your home. Visit your local stores and add to your list other foods which could be purchased in bulk form with a saving of money. List foods usually purchased in packages. Note which are cheaper if two or more packages are purchased. Compare prices of common foods in different types of stores.
- b. the foods that are now sold by weight. What other foods could advantageously be added to this list? Discuss the value of purchasing all foods by weight rather than by number.
- **4. Shop** for your family's food for one week. At the end of that time develop a guide to more efficient shopping based on your experience.
- 5. Develop and design good labels for standard foods.
- 6. Collect and study the exaggerated claims about products advertised in newspapers and magazines. Write down reasons why you think this type of advertising is harmful to the consumer.
- Summarize in writing what you have learned about getting your money's worth in buying food.
- 8. Visit three or four grocery stores and notice whether or not the food is kept clean and fresh. Are eggs refrigerated? Bakery goods protected or left open to flies and dirt? Report to class.

PART 5

SETTING THE TABLE AND SERVING

The appearance of the table and the precision with which it is set will add to or detract from the enjoyment of a meal. No doubt you have helped to set the table for family meals many times. Perhaps this is one of the responsibilities that you share with your brothers and sisters. When it is your week to set the table, you have an opportunity to make an attractive looking table at every meal.

LINENS

Food was handled with fingers until about the fourteenth century. The Egyptians passed a basin of water with napkins after meals. Tablecloths were used as early as the fifteenth century according to the early wood prints. These tablecloths were long and hung low from the table top for they were correctly used in wiping the hands.

Table linens today are made of a variety of materials. The homemaker should choose those that are: durable and serviceable, attractive and suited to the other appointments, reasonably priced, and easily laundered. Since table linens are an investment and give years of service, it is worth while to get the best values for your money as well as those that you will enjoy.

Cotton tablecloths are widely used. They come in attractive weaves and colors. They are easily laundered but, in general, are not as durable or as attractive as the more expensive linens. Some cotton is so treated that it closely resembles linen in texture. Other cottons are woven in bright colors or have gay-colored designs stenciled on them.

Rayon varies from good to poor in quality. Sometimes it is woven with linen or cotton for an improved texture. The quality of the fiber and the firmness of the weave should be considered. Avoid the loose and long threads found in some designs. The care of rayon is extremely important in order to insure increased wear.

The flax fiber of linen is extremely durable. If kept in constant use, it remains dazzlingly white after years of service and is the perfect background for table arrangements. Most of our linens come from Ireland, Belgium, France, and other European countries. Preference is often given to the Irish damask that comes in double and in single threads. Considering the years of service that linen gives, it is not expensive even though the initial cost seems high. Traditional patterns are lilies of the valley or flower and scroll designs.



Courtesy of Gorham Sterling

Some linens are woven into art linen or crash weaves. Some are pastel colored and feature hand embroidery and hand hemstitching. Some are gaily blocked with color.

Plastic materials, cellophane weaves, woven straws, cork, and other novelty materials are featured especially in place mats. Some of these are attractive and wear well. Others are unsatisfactory and soon are disappointing in appearance. Buy those novelty materials only after checking on suitability and serviceability.

Size is important to check since the wrong size will seem awkward. These sizes are standard:

LINENS

TYPE	SIZE
Breakfast Cloth	36 inches square (for 4 people)
Luncheon Cloth	45 or 54 inches square (for 6 people)
Dinner Cloth	72, 86, or 90 inches long (for 8 to 16 people)
Place Mats	14 by 20 inches (individual)
Refreshment Napkins	12 or 14 inches square
Luncheon Napkins	18 or 20 inches square
Dinner Napkins	22, 24, or 27 inches square

The care one gives to linens will determine their attractiveness and to some extent their durability. One should develop pride in keeping linens spotlessly laundered however simple and worn. Soiled linen is inexcusable. Nothing can make the table attractive unless the linen is fresh. Well-laundered linens can make a table attractive no matter how few and simple the appointments may be.

Launder all linens after using them. Remove stains quickly before they become "set." Immediate care by soaking in cool water and laundering will remove many stains. Solvents remove others. However, do not use bleaches. Bleaches cause damage to both fiber and color. Mend worn or torn spots before laundering. Sunshine is excellent for white linens. Iron linens while damp on the wrong side. Then "polish" linen or cotton tablecloths on the right side. Fold them right side out and store flat in a drawer or on a shelf. Wrap these in tissue paper if you plan to store them for a long time. Napkins may be correctly folded in several different forms.

SILVER

The spoon was probably suggested by the shells that primitive man used in eating food. Although silversmiths have practiced their art since 2500 B.C., silver spoons were not used until about 1400 A.D. Before then, carved wooden, ivory, and horn spoons were used in all countries.

In the fifteenth century, Italy introduced the fork and soon it was carried around with the dinner knife by all fashionable people. This custom continued for many years. You may remember from your history courses that the table silver (in a small case) was carried to the host's home or sent in advance of the dinner during early colonial days. The seventeenth century forks had two prongs and a hollow handle through which syrup could be sucked. These were called *sucket forks*.

Silver flatware comes in sterling or plate. Sterling silver contains 75 parts copper to 925 parts silver. The copper is added to give needed hardness to make the silver durable. Silverplate has an alloy base of nickel, copper, or zinc. A quadruple plate of silver or sometimes a triple plate, will wear for years. Replating is possible when the silver wears through to the base metal. Inlaid silver is plated silver which has been specially reinforced at places where most wear will occur—for instance, the bowl of a spoon where it rests on the table.

Silver represents an investment. It lasts a lifetime and, with care, grows more beautiful with the years. It is not unusual for a young hostess to use silver that has been used by her mother and her grandmother. So, even though the initial price is high, the years of service must be considered.

Plated and sterling silver come in a large number of designs. The choice of a pattern is largely a matter of taste and should require careful study and thought. Simple design reflects excellent taste and is correct with any table setting. Plain silver scratches easily, but the more elaborate patterns require additional cleaning with a soft brush. A satin finish is always attractive. Most

silverware comes with stainless steel blades on the knives. This gives a good cutting edge. In fact, stainless steel knives and forks with bone or plastic handles serve very well if silver is not to be had. The basic table setting is a knife, a fork, and a spoon. The place setting or service for one, also includes a salad fork, a soupspoon, and a butter spreader. Silver patterns come in luncheon and dinner sizes. The dinner size is larger and heavier in weight. However, in most of our homes, the luncheon size is chosen for it serves every need. The cost is much less than that of the dinner size.

Sometimes girls decide on a silver pattern while they are still in high school. Then, for gifts at Christmas and birthdays, the family or friends may buy an extra piece of silver to add to the set. In this way, the service grows so steadily that eventually the girl has sufficient silver to use in her own home.

Silver should be washed in warm water with mild soap and handled carefully to avoid scratches. After washing and draining, it should be dried thoroughly. Table salt, olives, eggs, salad dressings, gas, sea air, vinegar, rubber in any form, fruit juices, and sulfur tarnish silver. Silver used daily needs little polishing. When it is polished, use a silver cream and a soft cloth. Hand rubbing adds much to the appearance of silver. An abrasive or gritty material will scratch the finish. Anti-tarnish cloths and chemically treated tissue papers are used to store silver. But use your silver every day, for it grows lovelier with constant use. The popular misconception is that silver should be used only on special occasions. This is unfortunate, since sterling silver cannot wear out. It lasts many generations. Plated silver will last a generation, and then, for little expense, can be replated, ready to use again during the next generation. Silver will outlive your other household possessions even if you use it at every meal, so enjoy it every day.

CHINA AND POTTERY

Pottery existed among ancient peoples as one of the oldest crafts. It is believed that porcelain (china) was first produced by the Chinese several hundred years before the birth of Christ. Wooden trenchers or bowls, and pewter and silver dishes were used before the eighteenth century. By the nineteenth century suitable clay was located and workmen were trained so that many china factories were established in Europe. Many of the skilled workmen came to America and the United States was producing its own chinaware by 1825.

The homemaker must consider these factors before deciding upon china or pottery: durability which is dependent upon the materials used in its manufacture and the glaze; attractiveness of the color, size, and shape; cost of the service, suitability, and possibility of replacement. She will have a choice of pottery, semi-vitreous ware, and china.

Some pottery dishes are coarse and thinly glazed. Others are so well made that they really are semi-vitreous ware. They are durable, deeply glazed, and chip-resistant. Some fine pottery is made in America and some is imported from Mexico, Italy, and other countries. All nations produce pottery dishes.



Onondaga Pottery Co.

This flowery china for special occasions includes the little cup known as the demi-tasse.

Semi-vitreous ware is made of the same clay as some chinaware. However, processing differs. A characteristic of this ware is a heavy glaze which makes it very durable if it is given reasonable care. It is less expensive than china.

China is delicate. It is translucent which means that your hand may be seen behind it if the china is held to the light. Bone meal is added to very fine china to give it strength even though it is very thin and fragile looking. This type of china is called *bone china*.

China calls for lovely linen, glass, and silver which will contribute to its formal appearance. China is very expensive but will last for many years if properly cared for. Our country produces the lovely Lennox china and the attractive Syracuse china. Many well-known makes come to us from Europe. England sends us Wedgwood, Spode, and Royal Doulton. From France we get Haviland (Limoges) and from Germany we get Dresden.

The wide range in color, shape, design, and price makes the selection of china or pottery a real pleasure and a challenge. It is well to remember that "open stock" means that broken pieces may be replaced and the service may be enlarged if desired. The term "set" usually implies that none of the set may be easily replaceable, if at all.

For informal service, pottery and semi-vitreous ware are excellent. The colors of soft cream, pale yellow, or delicate gray make a lovely background

for the interesting things you will do in food preparation. The vivid purples, vibrant greens, glaring orange, and bright blues are interesting colors, but one must remember that dishes are used to serve food and food looks strange against some of the bright colors. Also, one tires of the effect of highly decorative floral patterns on dishes. You will find that the more conservative colors and the more restrained designs will give pleasure for a much longer time. Color can be obtained with place mats, flower arrangements, and small decorative pieces. These call for only a small investment and can be changed often.

Basic tableware includes luncheon plates, salad or dessert plates, breadand-butter plates, soup bowls, teacups and saucers. There are other pieces available. The smaller pieces may be used in the service of refreshments and desserts.

Whatever dishes you may have can be used satisfactorily providing they are shining and clean. All dishes used for the serving of a meal need not match. You can get effective contrasts by using dishes of different sets that are harmonious.

GLASSWARE

Making glass is an old craft that was known to both the Egyptians and Phoenecians. However, it was about 1200 A.D. before the Venetian artisans produced glass for the table. By the eightheenth century much glass appeared on tables, for the process of subjecting sand to terrific heat and producing glass was then widely known.

Early American glass was produced in Virginia in 1608 and in Massachusetts in early colonial days. Much of the original glass—milk glass and sandwich glass—is still in use. There are also many excellent reproductions of this lovely ware.

Today, American glass for the table is unsurpassed for its beauty and high quality. It comes in the handblown and the pressed forms. Decorations are made on it by means of etching, cutting, engraving, and pressing. Glassware gives a certain sparkle to the appearance of the table and is relatively inexpensive.

Mexican glass is much used in this country. It comes in beautiful shades of green, blue, amber, and rich red. The handblown product shows irregularities of shape and size and a lovely quality in the glass. Near the Mexican border where glassware is used extensively it is quite inexpensive. It adds a gay note with its lovely coloring.

Choose glass as you choose china. Remember that the simpler it is, the more adaptable and practical it is. It is also wise to select open stock so that broken pieces may be replaced quickly. Glassware should be chosen with a view to using it with the other table accessories. The quality may be tested by a gentle rapping with a pencil on the edge. Good glass will produce a clear bell-like ring. The use of colored glass unless it is Mexican glass is often a fad. It is much more expensive than clear glass and may become outmoded.

Special pieces such as pitchers, relish dishes, and serving pieces are inexpensive in glass and are quite lovely. If you have some of your mother's or grandmother's cut glass use a few pieces on special occasions and see what sparkle it can give.

When storing glassware avoid stacking. However, if two glasses become stuck, do not try to force them apart. Simply place cold water in the top glass and the lower glass in warm water. Then, they will come apart easily.

The essential points to remember when setting the table are cleanliness, orderliness, balance, simplicity, and convenience. Give ample consideration to each one of these factors and your table will have dignity and beauty. Strive for simple charm rather than for ornateness. An attractive, low centerpiece of flowers, green leaves, or fruit will give the table just the right amount of color and beauty. Keep the centerpiece low for across-the-table conversation.

SETTING THE TABLE

The table is set by laying a *cover* for each person to be served. A cover consists of a complete setting of china, glassware, silver, and linen. The kind and number of dishes, glasses, knives, forks, and spoons will depend upon the menu. Here are the positions for the various pieces of tableware:

Place the plate in the center of the cover.

Place knife at the right of plate with sharp edge turned in toward the plate.

Place soup spoon to the right of the knife.

Place fork to the left of the plate if a knife is used.

When a knife is unnecessary omit it, and change the place of the fork from the left of the plate to the right.

Place additional silver in the order of its use, with the piece to be used first on the outside.

Place the napkin to the left of the fork with the open edge facing fork.

Place the water glass at the tip of the knife.

Place the bread-and-butter plate at the head of the fork.

Place butter spreaders on bread-and-butter plates with the edge of blade toward the center of the plate.

Place the salad plate to the left of the fork or above the dinner plate. The second position is preferable for a crowded table.

Use a set of pepper and salt shakers for every two people, and place between covers, parallel to the edge of the table.

SERVICE

Several types of service are in use today. Since less than 5 per cent of American homes have household help, we will take up simple services for daily use first.

Family service. In this service the first course such as fruit juice or soup is on the table when the family is seated. When the main course is placed on the table, the meat and vegetables are placed in front of the host and served by him on the plates that are directly in front of him or else a little to the



By Courtesy of The Towle Silversmiths

left. The hostess may serve the salad, the beverage, and a second vegetable. The guests or the nonserving family pass the plates. Bread, butter, jelly, and other food accessories are placed on the table and passed by those who are near. The table is cleared of the platter, the dishes containing food, and then of the used dishes at each place. After this is done, the dessert is brought in. It may be served by the hostess if it is a deep-dish apple pie or some food suitable for at the table service. Or, it may be served from the kitchen.

The alternate method of family service is to place the food on the table and have each person pass it in turn. However, this may make for confusion, table accidents, and other undesirable situations.

Formal service is sometimes used at dinner parties. But, unless there is well-trained help, it is better to use some other service. In formal service the meat is carved in the kitchen by the servant and the food is brought in and passed by her, each guest serving himself.

A simplification of this service may be used for an interesting family service such as you used in "Preparing a Luncheon" but this calls for fewer courses and less formal appointments.

No matter what kind of service is used (except perhaps buffet) a woman guest-of-honor sits at the host's right and a male guest-of-honor sits at the hostess' right.







Westmorland Sterling Silver

No matter how many or how few people are eating, and no matter how simple the fare, set the table carefully and always use good manners and you will have happy meals. At the top of the page the artist has sketched four pleasant people having dinner at home, family style. Next, the lady of the house is being served by a maid. A small meal, such as a lunch with only one or two persons at the table, gives an inexperienced maid practice, and also lets the diner get used to being served, before they encounter a complicated situation, such as that in the third picture. You might practice doing the serving and also being waited upon. Some day the knowledge you acquire this way may be useful.

SUMMARY

- In selecting linens serviceability, durability, and cost must be considered.
 Table mats are practical and attractive.
- Silver-plated ware and sterling silver should be chosen carefully. Either should be used daily to increase its beauty and to make the meal attractive.
- In selecting china cost, suitability, ease of replacement, and attractiveness, must be considered.
- Glassware is relatively inexpensive and gives a certain sparkle and attractiveness to the table.
- 5. All these table accessories should be chosen with care and should be suited to family income and use.
- 6. The individual cover depends upon the menu and the type of service.
- **7.** Family service is an attractive, simple, and hospitable service used most frequently in our American homes.
- Formal service is used for occasional dinner parties if well-trained help is available.

ACTIVITIES

1. Obtain information:

- a. about the china, glass, silver, and linen used in your home economics department.
- b. about the cost of table appointments which you might like to use in your future home. Consider appointments available both at very low cost and at moderate cost.
- 2. Plan a visit to a store where the sales manager is willing to give an illustrated talk on table appointments: linen, glass, and silver. Then formulate a set of rules to be observed when selecting table appointments. Also, evaluate designs for silver and china from pictures or from data contributed by different members of the class.
- Experiment with table settings combining different appointments, if the home economics department is equipped with a variety of table appointments.

4. Discuss:

- a. the desirable characteristics of a room where meals are to be eaten.
- b. the ways and means to make the kitchen more attractive if it is used as a place to eat.
- 5. List table-service and table-etiquette situations which you would like to see demonstrated. Plan occasions during which you can practice these social forms.
- Suggest ways of keeping the family dinner-hour pleasant, interesting and enjoyable.





BREAKFAST

- 1. To Start the Day Right
- 2. Fruits
- 3. Cereals and Other Grain Products
- 4. Eggs and Breakfast Meats
- 5. Breakfast Beverages





BREAKFAST TO START THE DAY RIGHT

American tradition calls for a good, hearty breakfast. Our forefathers considered this meal just as important as the other two meals of the day and offered as great a variety of fare as their food resources permitted. There is a good deal of solid comfort and good nutrition in an old-fashioned New England breakfast of creamed codfish, baked beans, and brown bread. In contrast to this substantial meal, some of our present-day breakfasts, such as orange juice, toast, and coffee, are seriously lacking in health-giving properties.

The chances are that the person who starts the day rested and cheerful is a firm believer in also starting the day with a good breakfast. It is hard to believe that anyone could skip breakfast. However, in the survey of the eating habits of 44,387 high-school students made by the Wheat Flour Institute, it was found that approximately one seventh of the students participating in the study ate no breakfast at all. Only about one third had eaten what their home-economics teachers considered an adequate breakfast.

Often lack of interest in breakfast can be traced to the practice of getting up late and therefore not taking time to eat. Those who are guilty of this offense usually feel the need for nourishment shortly after they arrive at school or work. This is poor economy. For most efficient work and best health, a good breakfast is of the greatest importance. Breakfast should furnish from one fourth to one third of the day's nutritional requirements. While the kinds of food served at this meal are the same for all members of the family, the amount of food served should be planned according to the age and activities of the various members of the family. There are no hard and fast rules that dictate the foods that must be served for breakfast. But, over a period of time, certain basic patterns have appeared. Here are the most common:

Light	Medium	Heavy
Fruit	Fruit	Fruit
Breadstuff	Cereal or egg dish	Cereal
Beverage	Breadstuff	Main dish
Ü	Beverage	Breadstuff
	· ·	Beverage

The light breakfast is inadequate and should be enlarged to include a wider range of food. The medium breakfast is suitable for most people. Foods

— McCall's Magazine

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Cereal Institute, Inc.

An attractive breakfast table will get any day off to a good start.

most highly recommended for that pattern are orange, tomato, or grapefruit juice, whole-grain cereal, whole-wheat or enriched breadstuff, and milk. To give variety, eggs, breakfast meats, and various forms of hotbreads can be added to the basic breakfast foods from time to time.

HOW CAN BREAKFAST HABITS BE IMPROVED?

For those who are not eating an adequate breakfast, it may be helpful to consider some of the factors which help people to eat a wholesome breakfast. Of course the most important deterrent is a lack of time. Breakfast should be served at the same time every week day and members of the family should get up early enough to allow sufficient time to bathe, dress, and eat an unhurried breakfast. If it has been customary to eat a very small breakfast, the amount might gradually be increased. A little exercise before breakfast will help stimulate a lagging appetite.

An important part of a pleasant atmosphere are good manners. Make a pact with the other members of your family to be cheerful. An attractive table is as important for breakfast as it is for other meals. Colorful tablemats, gay crockery, and clean, sparkling glassware lend a note of festivity to the meal and often prove effective in stimulating the appetite. The wide variety of cereals and fruits available give sufficient range to avoid monotony. The

cooked cereals have greater nutritive value than the ready-to-eat cereals. However the latter are so much enjoyed by the children in the family that they should be served occasionally. Serving two fruits, one to drink and one to eat, is a good breakfast special, if the food budget permits. A change of breadstuffs such as hot muffins, cinnamon toast, or griddlecakes, is also a good appetite arouser.

HOW CAN GOOD BREAKFASTS BE MANAGED?

Getting breakfasts ready on time and in good form is all a matter of organization. As time for preparing this meal is limited, the menu should be simple and the right equipment and the necessary supplies should be put in a convenient place in order to save time and energy. Here are some suggestions to make breakfast preparation easier.

- 1. Plan menus at least a week in advance. Consider the nutritive needs of family members.
- 2. Have a breakfast schedule made out and posted so that family members can help with the preparation of the meal.
- 3. Keep equipment and supplies used for cooking breakfast in one convenient place.
- 4. Orange or grapefruit juice can be prepared the night before without any great loss of ascorbic acid, if stored in a container with a close-fitting cover and placed in the refrigerator. Grapefruit, too, can be cut and the sections loosened the night before, covered with wax paper, and stored in the refrigerator.
- 5. Frozen concentrated orange juice is a great convenience and has a good fresh flavor. Its disadvantage is its price, but at some seasons of the year it is actually cheaper than fresh orange juice.
- 6. Keep a large container of cooked dried fruit in the refrigerator to be used when time is short.
- 7. Serve fruit and cereal in the same dish whenever possible.

Suppose you were planning to serve grapefruit halves, oatmeal, poached eggs on toast and milk. You could start your preparations the night before. The first thing to do would be to check supplies and equipment. Otherwise you might have to make some last minute substitutions. You could set the table for breakfast after the dinner dishes had been washed. The grapefruit could be prepared without losing many vitamins and the butter or fortified margarine should be set out and left at room temperature so that it will be soft and easy to spread on toast.

In the morning the first thing to start would be the oatmeal since that takes longest. You would also turn on the broiler right away if you planned to make toast in it. While the cereal was cooking you would prepare the grapefruit, if you hadn't done it the night before, pour the milk, and put butter or fortified margarine on each bread-and-butter plate. Start water for the eggs and put the toast in the broiler. Serve the cereal, and as soon as the whites have coagulated, the eggs. Breakfast is ready.

SUMMARY

- 1. Breakfast should supply from 1/4 to 1/3 of the total daily food needs of the body.
- A good breakfast pattern is one which includes a generous serving of fruit, a whole grain or enriched cereal, whole wheat or enriched breadstuff, butter or fortified margarine, and milk.
- 3. Eggs and breakfast meats are frequently added to this basic breakfast.
- 4. Co-operation is necessary to assure all family members of sufficient time for an adequate breakfast.
- 5. An attractively served breakfast is a good stimulant to the appetite.
- 6. When plans are made in advance and a portion of the work is completed the night before, breakfast is simple to prepare and serve.
- 7. Breakfast service should be kept as simple as possible.

ACTIVITIES

- Collect information on typical breakfasts of different nationalities and make a report to the class.
- 2. Discuss:
 - a. in class, ways to improve breakfast habits.
 - b. the value of making a time schedule so that all the members of the family will have sufficient time to eat a good breakfast.
 - c. the value of having a special breakfast shelf to cut down time spent in breakfast preparation. Demonstrate the arrangement of a breakfast shelf and its contents.
 - d. the importance of planning breakfast in relation to the other two meals of the day. Suggest the luncheon and dinner menus to go with a light, a medium, and a heavy breakfast.
- 3. Keep a record of the breakfasts you eat for one week. Check them against the requirements for an adequate breakfast.
- 4. Practice different methods of serving breakfast and decide which will be the most efficient for school days when time is limited. How would you change this service for Sundays and other mornings when you have more time?
- 5. Demonstrate the use of simple green plants and other natural materials as inexpensive table decorations.



For that bright-eyed look, drink lots of orange juice.

Sunkist

PART 2

FRUITS

Fruit for breakfast! These are magic words to start the flow of digestive juices and put a sharp edge on the appetite. Fruits are pleasing to the eye as well as to the appetite.

Many of the fruits that are commonly used by us were originally brought out of China. Bananas were cultivated in China three thousand years ago and have since been transported from one hot country to another, until today they are grown in all the moist, tropical regions of the world. When the roots of the banana tree are planted in the shallow, rich, moist soil of the tropics they grow rapidly, and in twelve months the first bunches are ready to be cut.

Orange juice is perhaps the most typical use of fruit for breakfast. Other juices that are popular are grapefruit, unsweetened pineapple, and tomato—botanists insist the tomato is a fruit. These juices may be served alone or combined with other fruit or berry juices—or in the case of tomato juice, with vegetable juices. It is important that they not be oversweet. Sometimes a little lime or lemon juice will give the desired tartness. This is important

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not only for breakfast but also when juice is used as an appetizer for lunch or dinner.

The citrus fruits are popular for breakfast not only because they taste good, but because they supply vitamin C. If foods rich in vitamin C are on the menu for lunch or dinner in sufficient quantity, any other fruit may substitute for breakfast. All the fruits are rich in vitamins and minerals. Huckleberries, oranges, strawberries, dried prunes, dates, and apricots are excellent sources of iron. Oranges, grapefruit, and figs contribute a fair amount of calcium. Fruits vary greatly in their energy value. Most of them are low, but bananas, figs, dates, raisins, and apples contain an appreciable amount of starch and sugar and avocados are fairly high in fat. Fruits are also valuable for their laxative effect. They provide the non-irritating bulk that is necessary for normal elimination.

BUYING FRUIT

When you take your market basket in hand and start off to the store to buy fruit, you must also take along a knowledge of varieties. In the case of such fruits as apples and oranges, variety is an important factor in selecting them for a particular use. Certain varieties of apples, for instance, have better cooking qualities than others. Other varieties are suitable for eating. Valencia oranges are good for juice, while the navel orange is preferred for eating out-of-the-hand and for slicing. It is economical to buy fruits best suited for the purpose in mind.

SOME VARIETY OF APPLES AND THEIR USES

VARIETY	APPEARANCE	USE	WHEN AVAILABLE
McIntosh	Medium to large; red striped with carmine	Eating uncooked Cooking	October to January
Jonathan	Small to medium; deep red with yellow background	Eating uncooked Cooking	October to January
Greening	Medium to large; green or yellowish	Cooking	October to March
Northern Spy	Large to very large; clear pale yellow background, red splotches		October to March
Delicious	Medium to large; red striped	Eating uncooked	October to April
Winesap	Medium to large; dull mixed red	Excellent for all purposes	November to April
Rome Beauty	Large; yellow mingled with red	Baking Cooking	November to May

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Pick fruit out yourself, if possible, but handle it carefully. Squeezing and bruising detracts from its appearance and adds to its cost because of the consequent loss to the dealer. Don't always pick the largest. The biggest fruit may lack flavor and juice. Small, thin-skinned oranges are better for juice than the large, thick-skinned ones.

Buy fruits in season. Locally grown fruits in season are at their cheapest. However, avoid a "bargain" when that means decayed or overripe fruit. Buy only the amounts that you can store easily and can use before they spoil.

Fruit and vegetables right off the farm are sometimes available at roadside stands.

H. Armstrong Roberts



SOME SPECIFIC GUIDES FOR BUYING FRUIT1

FRUIT	DESIRABLE CHARACTERISTICS	UNDESIRABLE CHARACTERISTICS	BEST TIME TO BUY
Apricots	Fully ripened, good color	Small green fruit	June to August
Bananas	Plump or full, yellow color flecked with brown	Strong green color; badly discolored skin; soft, mushy pulp	All year
Berries	Bright, clean, fresh ap- pearance, full color, plump individual berry	Overripe, leaky berries, molded berries	May to August
Cherries	Bright, fresh appearance, full color, plump individual berry	Small hard fruit; soft dull appearance; small, brown decay spots	May to August
Grapefruit	Firm, springy to the touch, well shaped, and heavy for size	Soft area of decay at the stem end of the fruit, coarse skin, puffy to the touch	October to December January to May
Grapes	General appearance of freshness; individual berries firmly attached to stem	Shrivelled berry, decay where berry joins stem	May to January
Oranges	Firm, heavy for size	Soft areas on surface of skin; wilted, flabby ap- pearance	October to December January to May
Peaches	Firm flesh; whitish or yellowish color, sometimes combined with red	Overripe-soft, pale green color, shrivelled appearance, cracks	June to September
Pears	Fairly firm but not hard; free from decay	Soft, yielding readily to pressure at base of the skin, water-soaked appear- ance, wilted or shrivelled	August to October
Pineapples	Clean, fresh appearance, orange-yellow color, fra- grant odor, heavy in pro- portion to size	Soft, watery areas at the base, eyes, and sides of fruit	March to June
Plums	Plump, clean, fresh ap- pearance, soft enough to yield to slight pressure	Hard, shrivelled, poor color, cracks in fruit	June to October

¹ Based on "A Fruit and Vegetable Buying Guide for Consumers," Miscellaneous Publication No. 167, U. S. Department of Agriculture, Revised Feb., 1948.

FRUIT	DESIRABLE CHARACTERISTICS	UNDESIRABLE CHARACTERISTICS	BEST TIME TO BUY
Melons:			
Cantaloupes	Covered with a firm net- ting, delicate aroma	Too deep a yellow color	May to September
Honeydew	Creamy white or pale yellow color; delicate but distinct aroma	Large very soft areas on the surface of the skin	May to September
Watermelon	A thin outer skin that comes off easily when scraped with the finger	Large very soft areas on the surface of the skin	May to September

STORING AND PREPARING FRUIT

Fruits are perishable foods and will deteriorate rapidly in appearance and food value if not given proper care in the home. The more hardy fruits, such as apples and winter pears, can be stored in a cool portion of the cellar or in a vegetable bin built with sides which provide a circulation of air. They must be kept cool, but not allowed to freeze. Sort them carefully and remove any overripe fruit. Then wrap the remainder individually in newspaper or tissue paper.

Fruit that is to be used fairly soon is kept in the refrigerator—with a few exceptions. It should not be washed until shortly before it is eaten, as washing it too soon tends to make it soft. Citrus fruit can be kept in a wire basket on the lowest shelf in the refrigerator. Berries too should be spread out on trays and stored on the lowest shelf. Be careful not to pile them—or any other soft fruit.

A few fruits are best not stored in the refrigerator. Fruit that is not quite ripe will often improve if left out in a warm room. Some people prefer not to store melons in the refrigerator as their strong smell may carry over to other foods. They chill melons with ice cubes just before serving. And as you probably know, bananas should "never, never, never be stored in the refrigerator."

Preparing uncooked fruit. When fruits are to be eaten raw, they must be carefully washed to remove surface dirt and any residue from sprays. Uncooked fruit should be served chilled, but not frozen. Glass dishes for service add to the beauty of fresh-cut fruit.

Such fruits as apples, pears, peaches, and bananas darken quickly when cut. This is due to certain substances in the fruit coming in contact with the air. Citrus fruit juice and pineapple juice poured over the surface of the cut fruit serves as a protection against darkening. A simple way to serve a whole banana is to cut the fruit lengthwise and then sprinkle it with lemon juice and sugar to prevent discoloration. The banana is eaten from the skin with a fork, by cutting the pulp crosswise.

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It is best to serve raw apples with the skins on. Pared apples darken quickly. Bright, perfect apples may be washed and placed on a flat dish. A knife is provided for each person to cut the apple into small sections.

When you cut oranges and grapefruit, use a sharp knife in order to avoid

the ragged unappetizing appearance of fruits carelessly cut.

GRAPEFRUIT HALVES

(Number served: 4)

Assemble these utensils:

long-bladed knife sharp paring knife kitchen scissors

paper towels

wooden board

Assemble these supplies:

2 grapefruits

4 sprigs mint or other garnish

Steps in preparation:

- 1. Wash the grapefruit and dry with paper towels.
- 2. Cut each grapefruit in half crosswise.
- Remove seeds and gently loosen each segment from the rind by cutting around it.
- Cut the center pith from the adjoining membranes with scissors and remove.
- 5. Garnish with a sprig of mint, fresh berries in season, a mound of current jelly, or maraschino cherries.
- 6. Place on dishes and put in the refrigerator to chill until time to serve.

This is an easy way to peel citrus fruit.

H. J. Heinz Co.



ORANGE AND GRAPEFRUIT SECTIONS

(Number served: 4)

Assemble these utensils:

Assemble these supplies:

sharp knife

2 table oranges (navel)

2 medium-sized bowls

2 grapefruits

Steps in preparation:

- Hold orange or grapefruit in left hand. Work over a bowl so that it can catch the juice.
- 2. Cut into the rind to the fruit pulp and proceed as in paring an apple.
- 3. Cut along membranes on either side of the segment, then lift out whole sections and remove seeds. Do not hold fruit too tightly.
- 4. Chill in sherbet glasses, garnish, and serve.

FRUIT BOWL

Assemble these utensils:

large wooden salad bowl or flat tray or dish

scissors

paper towels

individual flat plates

knives, spoons

Assemble these supplies: shiny green leaves a variety of fruit

Steps in preparation:

- 1. Wash fruit carefully, and dry with paper towels, rubbing hard to make the fruit shine.
- 2. Arrange leaves and fruit artistically in a bowl or on a tray.
- 3. Provide each person with a flat plate, a knife, and a spoon.
- 4. Let each person select his own fruit.

PINEAPPLE CUBES

(Number served: 4)

Assemble these utensils:

long-bladed, sharp knife paring knife

wooden board

bowl

Assemble these supplies:

1 medium-sized pineapple

Steps in preparation:

- 1. Wash pineapple and twist off crown.
- 2. Place pineapple lengthwise on a wooden board and cut into ½" circles with a long-bladed knife.
- 3. Cut rind from each circle.
- 4. Remove "eyes" with a paring knife.
- 5. Remove the hard core and cut into sticks, cubes, wedges, or halves.
- 6. Place in bowl and serve.

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Cooking fresh fruits. Certain fruits are greatly improved by cooking. Green apples, for example, take on a delicious flavor when cooked and rhubarb¹ and cranberries are not only rendered edible but improve in flavor when cooked with sugar. Another reason to cook fruit is to stop the changes which cause spoilage when there is too much fruit to be eaten right away. However, cooking destroys vitamin C, and therefore cooked fruits are not so rich a source of the vitamin as raw fruits.

When cooking fruits, it is desirable to retain as much of the real flavor of the food as possible. Small amounts of sugar and spices may be used to tone up but not to overpower the more delicate flavors of the fruit.

A quick and effective way of cooking fruits is to bake them. Fruits with heavy outside skins to hold in the steam lend themselves well to baking. Apples, pears, and quince are excellent when cooked in this way.

Broiled fruits are interesting additions to the main course of a meal. Fruits that broil quickly are bananas, grapefruit, pineapple, and canned apricot

and peach halves.

When the shape of the fruit is to be preserved, the sugar is added at the beginning of the cooking period. If a fruit sauce is to be prepared, the sugar is added just after the fruit has been softened. In general, fruits cooked in water become softer than those cooked in a syrup.

Some fruits require special care when stewed. The most important of these are Keiffer pears, sweet apples, strawberries and cherries. Keiffer pears become tough and shrivelled in appearance if not cooked in water for a period before the sugar is added. Sweet apples retain their shape when cooked in either water or syrup, so if you are going to prepare applesauce, use sour ones. Strawberries and cherries may flatten or collapse when cooked rapidly in a sugar syrup. This may be overcome by adding the sugar to the fruit and letting it stand overnight, or by cooking the fruit carefully in a covered utensil and removing from the fire before rapid boiling occurs.

When fruit is stewed, the fruit juice should always be used, for it contains

the nutrients dissolved in it.

APPLESAUCE

(Number served: 4)

Assemble these utensils:
saucepan and cover
wooden spoon
paring knife
sieve or strainer
measuring cup
bowl

Assemble these supplies:

5-6 medium-sized apples

½ to ¾ cup water

½ cup sugar

1 tablespoon lemon juice,
when apples are sweet

Steps in preparation:

- 1. Wash apples carefully and remove all bad spots.
- 2. Cut into quarters, core and place in saucepan. Add water.
- 3. Cover saucepan and cook until apples are soft.

¹ Rhubarb is frequently classified as a vegetable, but is used as a fruit.

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 Force apples through a sieve or strainer with a wooden spoon into a bowl.

Transfer back to saucepan. Add sugar and lemon juice; simmer to dissolve sugar.

Well-prepared applesauce has these qualities:
a uniform texture,
no uncooked pieces of apples,
a slightly tart flavor,
a tendency to flow rather than to pour.

Dried fruits. The chewy quality and high sugar content of dried fruits make them a substitute for other sweets. They may also be combined with hot or cold cereal, ground and made into confections, scalloped with meat and vegetables or used in salads, compotes, sauces, whips, and pie fillings. In general they are less costly than fresh or canned fruits and they keep well and take very little room to store. However, they do lose vitamin value in the drying process.

Dried fruit should be thoroughly cleaned to remove any possible source of contamination. When it is to be eaten without cooking, put it in a sieve and pour boiling water over it.

The next step in cooking dried fruit is to replace the moisture lost in drying. Firm fruits such as prunes, apricots and peaches are soaked in warm water for a short time before they are cooked—in the same water. Raisins, dates, and figs have a better texture when not soaked. They take up enough water during the cooking period.

Sugar for tart fruits, such as apricots, is added *during the last five minutes* of cooking. Prunes, figs, dates, and raisins are sufficiently sweet and do not require any sugar.

California Prune and Apricot Growers Assoc.

If you pour boiling water on uncooked dried prunes and store them in a covered jar they become plumper and softer day by day. Wash them first, of course.



COOKED DRIED PRUNES

(Number served: 4)

Assemble these utensils:

sieve or strainer

wide-bottomed saucepan

wooden spoon measuring spoons

measuring cup

Assemble these supplies: 1/2 pound of prunes

1 pint of water (2 cups)

1 tablespoon lemon juice

Steps in preparation:

- Place prunes in strainer or sieve and wash by running hot water over them.
- 2. Soak prunes in warm water from 30 to 40 minutes.
- Cook slowly until tender in the same water in which prunes were soaked.
- Add the lemon juice and simmer for an additional two to three minutes.
- 5. Cool and serve.

Well-cooked dried fruit has these qualities:

- a tender texture,
- a plump, juicy appearance,
- a slightly tart to sweet flavor,
- a clear juice, free from ragged edges of fruit,
- a retained shape characteristic of the fruit.

SUMMARY

- 1. Fruit is a good start to a good breakfast.
- 2. Citrus fruits are especially noted for their high vitamin-C value.
- 3. Orange juice is the most popular fruit beverage. Juice oranges are small, thin-skinned, heavy for their size, and fully ripe.
- 4. When bought in season, bargains in fruit can be obtained.
- All fruits, fresh or dried, must be carefully washed to remove all sources of contamination.
- Fruits are cooked to improve their flavor and to save them from becoming spoiled.
- When a fruit sauce is desired, the fruit is cooked in water and the sugar added the last few minutes of cooking.
- 8. When the shape of the fruit is to be retained, the fruit is cooked in a syrup of sugar and water.
- Dried fruits are generally more economical than fresh fruits and have many uses in cookery.
- 10. Most dried fruits, after being well washed, are soaked for a short period of time in warm water and cooked in the water in which they were soaked.

ACTIVITIES

1. Collect:

- a. information on Florida, Valencia, and navel oranges. Compare Valencia and navel oranges as to price and use.
- b, information on the cost and varieties of fruit juices available locally.

2. Find out:

- a. what size glass of orange juice will satisfy your daily need for vitamin C.
- b. what size glass of grapefruit juice,
- c. what size glass of tomato juice.
- 3. Plan a class demonstration on simple fruit-bowl arrangements which can be passed for the dessert course and also be used for the centerpiece.

4. Suggest:

- a. ways to use to advantage the fruits grown in your community.b. some fruit combinations which seem especially pleasing to you. Check them for food value.

5. Prepare:

- a. and test in your home-economics class one or two recipes using the locally grown fruit. Send the recipes to your local newspaper.

 b. several kinds of dried fruits. Report on the cost, flavor, quality, and
- nutritive value of the dried fruit as compared with fresh fruit.
- c. and serve the breakfast fruit in your home for one week.



CEREALS AND OTHER GRAIN PRODUCTS

Grains or cereals belong to the family of grasses and have been cultivated by man from time immemorial. They hold first place in our plant world, for upon these foods our very existence depends. More than one half of the world's population subsists on rice. Wheat ranks second in world importance although it is the number one cereal in Europe and in America.

Among the most charming of ancient customs were the harvest festivals celebrating the gathering of the year's grain crop. The word *cereal* is derived from the name of the Roman goddess *Ceres*. A distinctly American custom was the corn husking bee-a way of getting a task done as well as a social gathering. The corn husking parties died out during the latter half of the nineteenth century, when machinery was introduced to do the work of many human hands

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The grains that are most important in our country are wheat, corn, or maize, oats, rice, barley, and rye. Wheat is highly desirable because of the elastic-like characteristics of its flour. The flours of other grains do not produce a bread with the lightness and springy quality of wheat bread. The wheat germ is so highly regarded as a source of thiamin that it is used in combination with other cereals and mixed with flour to produce products of high thiamin value.

Corn is a product native to America and, next to wheat, is the grain most used in the United States. Corn is used in many different forms, some of which are corn meal, hominy, grits, and breakfast preparations. Cornstarch and corn oil are two of its important manufactured products.

Rice often appears as a potato substitute, but it also combines with other foods and serves as a base for a dessert. Oats are used mainly in breakfast foods. Rolled oats are a whole-grain cereal that is high in nutritive qualities. Barley is known to us chiefly as pearl barley and is used for thickening purposes and for flavoring soups. It is also the flavoring ingredient in malted breakfast foods. Rye is used in the making of bread. Much of the rye bread made in this country contains some wheat flour. Pure rye bread, as made in Russia, Germany, Poland, and the Scandinavian countries, is almost black.

With the exception of buckwheat, which is not a true cereal, all of the grains have the same general structure. The important parts are the bran layer, the germ, and the endosperm. The bran is composed of several layers, mainly of cellulose composition. Mineral substances deposited in this portion account for the rigid structure. Some protein and thiamine are also present. The germ is the portion of the kernel from which a new plant develops. From a nutritional standpoint, this is the most important part for it contains protein, fat, minerals, and vitamin B₁. The endosperm acts as a storehouse for starch, the food used for the growth of the new plant. It also contains small amounts of protein and vitamins.

In general uncooked cereal grains of different kinds have the same composition: low moisture content and approximately equal energy value.

BREAKFAST CEREALS

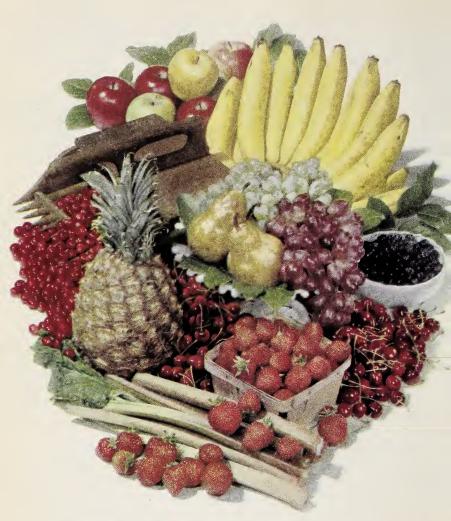
Many varieties of inexpensive and easy to prepare breakfast cereals are available in the corner grocery. In fact there are so many kinds that selection is apt to be confusing. It is helpful to know what parts of the grain were used and how the grain has been treated. You will have your choice of refined or whole grain cereal, uncooked, partially cooked or ready to eat.

Refined cereals. In the manufacture of refined hot cereals the germ and the bran layers of the cereal grain are generally removed and used for other purposes, oftentimes in the manufacture of ready-to-eat cereals. The remainder of the cereal, which is mainly starch, is then manufactured into a granular cereal such as white corn meal. It is not advisable to use these cereals often unless they have been enriched. Since it has become a widely known



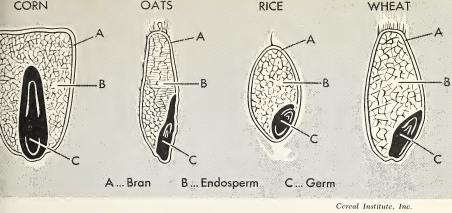
Monkmeyer

A tossed salad of grapefruit sections and greens, served buffet-fashion. The ducks hold oil and vinegar, so that each person may suit his own taste in mixing dressing.



Courtesy Wear-Ever Aluminum New Method Instruction Book

Fresh fruit is one of the simplest foods to prepare and one of the best to eat. It is good at any time of the day.



The structure of grain kernels.

fact that wheat germ has excellent food value, it is frequently packaged separately and sold as a food product in itself. Sometimes the wheat germ is sold in combination with ready-to-eat cereals to increase their food value.

Ready-to-eat cereals are manufactured from some one part of the cereal grain. The bran is frequently used. Whole bran and bran flakes are two blends that are popular. The ready-to-eat cereals are more expensive than the to-be-cooked cereals. Serving them occasionally gives variety to the menu. However, large servings of them must be eaten in order that any appreciable amount of food value may be derived from them. It is unlikely that most people, especially children, will take the time to eat the necessary amount.

Whole-grain cereals. In general it is better to use whole-grain cereals than refined ones because they contain all of the food value of the grain. Whole-grain cereals which have been cracked, such as cracked wheat and steel-cut oatmeal require either a soaking period of from eight to twelve hours or a cooking period of about four hours to cook the starch, soften the cellulose, and add flavor to the product. These cereals are at their best when they have been cooked the night before they are served.

The quick-cooking cereals are especially treated so that they require only from three to ten minutes of cooking. Some of them are ground into small particles and others are partially cooked in steam and then rolled and dried.

In stores where cereal is sold in both bulk and package form, the former is usually less expensive. However, it should be remembered that packaged cereals are protected from contamination. Fancy boxes or premium offerings are not necessary though. They add to the cost of the cereal without adding to the nutritive value or the cleanliness. Also do not be misled by the size of the box. Read the label carefully to determine the weight of the contents.

Cooking cereals. Because some people consider cereals to be a commonplace food, it is a real challenge to the cook to produce a fine-flavored cereal. There are two good ways of doing this.

Cooking Method I. The cereal is added gradually to rapidly boiling, salted water. The agitation of the water acts as a gentle stirring agent and keeps the particles of cereal from clumping together. If, on the other hand, a mass

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of cereal were added to water which was hot but not boiling, lumps would form, the outside particles of which would be cooked, leaving the inside dry and uncooked.

Cooking Method II. The uncooked cereal is added to cold water and made into a thin paste. Then it is gradually brought to the boiling point with little stirring.

In both methods, the cooking of the cereal is started in the top of the double boiler over direct heat. After from three to five minutes, the top is placed over the bottom of the double boiler for the remainder of the cooking.

Cereals should be stirred as little as possible; overstirring tends to break the cereal particles and cause a pasty, sticky product.

The proportion of water needed for the cooking of any cereal, varies with the previous treatment of the cereal. The more finely divided cereals require more liquid than the whole and rolled cereals.

GENERAL PROPORTIONS FOR COOKING CEREALS

TYPE OF CEREAL	AMOUNT OF WATER	AMOUNT OF CEREAL	SALT
Rolled	2 cups	1 cup ½ cup ½ cup ½ cup	1 teaspoon
Whole	2 cups		1 teaspoon
Granular	2 cups		1 teaspoon

OATMEAL

(Number served: 4)

Assemble these utensils: double boiler wooden spoon measuring cups

Assemble these supplies: 3 cups water

3/4 teaspoon salt
11/2 cups rolled oats
milk or cream

measuring spoon

Steps in preparation:

- Measure into top of double boiler three cups hot water, and bring to a rapid boil.
- 2. Fill bottom of double boiler one-third full with hot water.
- 3. Add salt to rapidly boiling water.
- Measure out oatmeal, and stir into briskly boiling water, stirring occasionally.
- 5. Cook two minutes over the direct flame.
- Place top of double boiler over boiling water, cover, and cook for fifteen minutes.
- 7. Serve hot with milk or cream.

A well-cooked cereal has these qualities:

a nut-like flavor,

a uniform texture, free from lumps,

a flowing consistency,

a good serving temperature.

TOAST

Perhaps you are under the impression that anyone can prepare toast. This is a mistaken idea. Simple as it is to make, toast is often soggy or burned when it finally comes to the breakfast table. Carelessness seems to be the main cause for toast failures. A good cook watches the toast! She gives it a prominent place on the time schedule and conscientiously follows the schedule. Clouds of smoke in the vicinity of the oven or toaster are a sign that the toast has burned. Unfortunately, burned toast has a way of making itself known all over the house. If preparing the toast is your job, do it well.

When an automatic toaster is used, it is a good plan to attach it near the dining area, either near the table or on a serving surface nearby so that the toast can be made as near the time of serving as possible.

Toast made from whole-grain bread has a good nut-like flavor. Because of their good flavor and high food value, breads of the whole-grain type should be served as frequently as possible.

TOAST (Number served: 2)

Assemble these utensils: toaster hot plate knife

Assemble these supplies:
4 pieces of bread (use bread one or two days old)
butter

Steps in preparation:

- Place a slice of bread in the toaster and check the time it takes to toast.
 Multiply this figure by the number of pieces of toast you have to make and you will know when to start preparing toast so that it will be piping hot when served.
- Remove toast from toaster and butter immediately. Do not pile slices on top of each other. Keep toast plate warm.

As an alternative method, for a large family, toasting bread in the broiling compartment of the oven saves time. While you are preparing toast by this method, it is not wise to be occupied elsewhere. The oven should be preheated for eight minutes and the bread arranged on the broiling rack. Place the pan 2 inches from the flame or heating unit. For a crisp outside with a soft center, brown slices quickly, turning them several times to keep slices from curling up. For dry, crisp toast, brown slowly, turning slices frequently. If the toast must be kept hot, place in a warming oven or keep in a warm oven. Do not pile toast.

Well-prepared toast has these qualities: a crisp outside with a soft but dry center, a uniform golden brown color, a piping hot temperature. 186] BREAKFAST

Special toasts. For Sunday or a holiday morning you may wish to prepare a special, sweet toast. These toasts are also good for tea. The bread should be cut thinner than for plain toast. Sometimes the crusts are removed, but that is not at all necessary or even desirable.

SOME SPECIAL TOAST MIXTURES

KIND	HOW PREPARED
Cinnamon	Make a mixture of 2 teaspoons of cinnamon and ½ cup of sugar. Sprinkle over buttered toast.
Orange	Combine 1 tablespoon of orange juice, one tablespoon orange rind and ½ cup sugar. When returned to the oven this becomes a chewy topping.
Lemon	Combine 1 tablespoon lemon juice, one tablespoon lemon rind and ½ cup sugar.

Another mixture that is good for tea, but wouldn't be welcome at breakfast is cream cheese and onion juice in the proportion of 2 tablespoons of cheese with ½ teaspoon of onion juice.

CINNAMON TOAST

(Number served: 4)

Assemble these utensils:

bread knife

bread board baking sheet

measuring cup

measuring spoons

Assemble these supplies:

8 slices bread cut 1/4 inch thick

2 teaspoons cinnamon

½ cup sugar

Steps in preparation:

- 1. Turn on oven and set temperature control at 300°F. Preheat for eight minutes.
- 2. Cut slices of bread in triangles and place on baking sheet.
- Bake in oven for 15 minutes until toast is golden brown. Turn pieces several times.
- 4. Remove toast from oven and sprinkle with cinnamon mixture.
- 5. Return to the oven for 2 or 3 minutes. Serve hot.

GRIDDLECAKES AND WAFFLES

Griddlecakes and waffles are first cousins. A batter for either can be quickly made from flour, baking powder, salt, sugar, eggs, milk, and a fat. The waffle batter is slightly richer, having more fat and eggs.

Both appear most often at breakfast, replacing bread or toast. Then they are served with butter and syrup. But they may turn up at any meal. Waffles especially, because of their crisp surface, combine well with other foods. The



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This is the way griddle cakes look when they are ready to be turned.

basic batter can be modified to include ham, bacon, cheese, lemon, nuts, and coconut. They often serve as a base for creamed fish or poultry. A popular dessert is ice cream on a waffle with chocolate sauce.

Because they must be served immediately, griddlecakes and waffles are best cooked at the table. Otherwise one member of the family is isolated at the kitchen stove. In any case they are difficult to prepare for a medium-sized or large family. Waffles are best baked in a heat-controlled electric iron. The plain cast aluminum and iron utensils are also satisfactory. Your waffle iron need never be oiled after the first time it is used, if given proper treatment. The first time you use it, remove all dirt from the grids with a soft, clean cloth. Plug it in and heat until the grids feel warm. Brush the grids with salad oil. This should be the last time that you will need to oil the grids. If waffles stick to the grid after they have been oiled the first time, the oiling procedure must be repeated. Waffle irons are never washed. They are carefully wiped off and stored after use.

Griddlecakes should be baked on a rimless griddle rather than a skillet as a utensil without sides makes it easier to turn the cakes. Usually it is not necessary to oil the griddle. The batter has sufficient fat to prevent sticking. If griddlecakes stick use a tasteless oil on the griddle.

GRIDDLECAKES

(approximately 14 small cakes)

Assemble these utensils:

set of measuring cups

set of measuring spoons mixing bowl with sloping sides

flour sifter egg beater

small saucepan griddle or frying pan

spatula

Assemble these supplies:

1½ cups sifted enriched flour

2½ teaspoons baking powder

34 teaspoon salt3 tablespoons sugar

1 egg, well beaten 1½ cups milk

3 tablespoons shortening, melted

Steps in preparation:

1. Mix and sift together the dry ingredients.

2. Combine egg and milk with egg beater.

3. Add flour mixture and mix just enough to moisten dry ingredients; add melted shortening.

4. Pour mixture into a bowl with a lip or into a pitcher.

Place griddle on fire and heat. Test griddle by dropping a tiny drop of water on the griddle. It is ready for use when the water dances over the surface.

Pour batter with single quick motion. Do not make griddlecakes any larger than 3 inches in diameter.

7. When the upper side of the griddlecake is bubbly all over, the underside is done. Turn the cake when a few bubbles have burst and the edges appear dry.

8. Bake until underside is brown.

9. Remove from griddle and serve at once with butter and syrup.

A good griddlecake has these qualities: a uniform, golden-brown color, a light and tender texture, a piping-hot temperature.

WAFFLES

(approximately 6 waffles)

Assemble these utensils: Assemb

set of measuring cups set of measuring spoons

mixing bowl with sloping sides

flour sifter

egg beater waffle iron

fork

Assemble these supplies:

2 cups sifted enriched flour

3 teaspoons baking powder

1 teaspoon salt2 tablespoons sugar

2 eggs 13/3 cups milk

6 tablespoons salad oil

CEREALS AND OTHER GRAIN PRODUCTS

Steps in preparation:

- 1. Mix and sift together the dry ingredients.
- Separate egg yolks from egg whites. Beat egg yolks with 1½ cups milk.
- 3. Beat egg whites until stiff but not dry.
- 4. Stir dry ingredients into egg-milk mixture.
- 5. Stir in the salad oil.
- 6. Fold in egg whites.
- 7. Pour mixture into a bowl with a lip or into a pitcher.
- 8. Plug in waffle iron and heat. Place a piece of paper between upper and lower grids. Close baker and heat until paper is golden brown. Note the position of the indicator hand at this point. Preheat waffle iron to this point before baking each waffle.
- Pour batter in center of baker. Use just enough batter to fill grids to within one inch of rim. Close baker immediately and bake for approximately 3 minutes.
- 10. Remove waffle from iron when there is no more steam being released.
- 11. Serve hot with butter, honey, jam, or syrup.

A good waffle has these qualities:

- a uniform, golden-brown color,
- a light, porous, and crisp texture,
- a piping-hot temperature.

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SUMMARY

- 1. Cereals occupy an important place in the world's diet.
- 2. The cereals most commonly used in America are wheat, corn, rice, oats, barley, and rye.
- 3. The cereal grain is composed of three important parts: the outer covering or bran, the embryo or germ, and the starchy inner portion or endosperm.
- 4. The vitamin and mineral content is found mainly in the bran and germ. For this reason, whole-grain cereals are more valuable than cereals with the bran and germ removed.
- 5. A serving of a cooked cereal furnishes more food value than an equal serving of a prepared breakfast food.
- 6. The ready-to-eat cereals cost more per unit of weight than the cereals which must be cooked.
- 7. Toast should be made just before time for serving it.
- 8. Griddlecakes and waffles may take the place of toast for breakfast.

ACTIVITIES

- 1. Plan, prepare, and serve a simple breakfast of fruit, cereal, toast, and milk. Refer to current prices and estimate the cost of the meal. Discuss it from the viewpoint of an adequate breakfast.
- 2. Write a paper on the world-wide importance of grain products. Consult current magazines and newspapers for up-to-date information.
- 3. Compare:
 - a. the cost and nutritive value of one ounce of ready-to-eat cereal with one ounce of to-be-cooked cereal. Which is the less expensive?
 - b. the thiamin value of one serving of whole-grain cereal with the thiamin value of one serving of refined cereal. Make a chart to show this.
 - c. the labels on several boxes of cereals both uncooked and ready to eat. What information about the cereals do you find?
- Plan a "Best Buy" exhibit of cereals for display in the home-economics
 room or the school cafeteria. Invite parents and other classes in to
 examine the exhibit.

5. Demonstrate:

- a. a variety of uses for toast in breakfast and lunch menus.
- b. the preparation and baking of griddle cakes and waffles.
- c. the use and care of a waffle iron.
- 6. Prepare and serve breakfast (with family help) at home for one week.

PART 4

EGGS AND BREAKFAST MEATS

Like many of our present-day foods, eggs were well known to the peoples of ancient times. Eggs of all fowls, birds, and reptiles have been eaten by man at one time or another. However, the preference has always been for hen's eggs. The Eskimos make a practice of gathering the eggs of ducks that migrate to the Arctic in the spring; some of these to be eaten immediately, and the rest to be buried for future use. They prefer the stronger flavor of an aged egg. The Chinese also have an interesting way of preserving their eggs. They mix a red, oily clay with a brine and immerse the egg in this mixture overnight. To complete the process the eggs are then dried and partially roasted.

Since the egg is designed by nature to produce a fully developed organism, it contains a good balance of nutrients and is an excellent food to start the day. Eggs are a source of complete proteins which are capable of supporting growth and are valuable in supplementing the incomplete proteins of cereals and vegetables. According to nutrition authority Mary Swartz Rose, eggs are second to milk in importance as protein-bearing food in the diet of the growing child. The minerals of eggs are found mainly in the yolk. In contrast to milk, eggs have a rich supply of iron but contain less calcium proportionately. In this respect eggs supplement milk. They also contain significant amounts of phosphorus. The vitamins in eggs include A, riboflavin, and thiamin. Egg yolk is one of the few foods, with the exception of fish liver oils, that contain vitamin D. However the amount is small compared to that found in cod liver oil. Served in combination with bacon, ham, sausage, and other traditional breakfast meats, eggs have great appeal as a main dish for breakfast. Then, too, there are many combinations that are appropriate to serve for the main course of luncheon or dinner. Creamed eggs on toast, biscuit, or baked potato make simple, flavorsome dishes. Poached eggs, when combined with asparagus, spinach, or tomatoes add a new importance to the vegetable. Eggs also improve the texture and flavor of custards, puddings, pie fillings and cakes, as well as many other foods.

GUIDES FOR BUYING AND STORING EGGS

What is a fresh egg? "Fresh" is a term used to indicate the quality rather than the age of an egg. Thus a new-laid egg would be fresh, but a fresh egg would not necessarily imply a new-laid egg. Eggs that have not been care-



U. S. Weight Classes JUMBO 30 oz.

EXTRA LARGE

27 oz.

LARGE
24 oz.

MEDIUM
21 oz.

SMALL

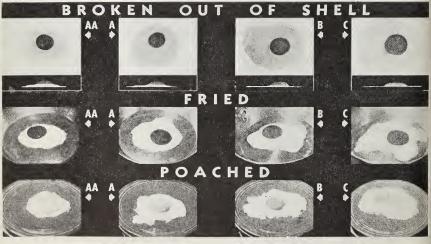
18 oz.

PEEWEE

15 oz.

Weight per Dozen at Least

Consider QUALITY



AA Egg covers small area; white is thick, stands high; yolk is firm and high. A Egg covers moderate area; white is reasonably thick, stands fairly high; yofk is firm and high. B Egg covers wide area; has small amount of thick white; yolk is somewhat flattened and enlarged.

Egg covers very wide area; white is thin and watery; yolk is flat, enlarged, and breaks easily.

BASED ON U. S. STANDARDS FOR QUALITY-THE AVERAGE FOR EACH

PROTECT QUALITY-KEEP EGGS IN REFRIGERATOR

fully handled and have been allowed to remain at room temperature for a day are not likely to qualify as fresh eggs.

It is difficult to tell whether or not an egg is fresh from its outside appearance. One way to tell is the "sink or swim test." Place the egg in a dish of water. A fresh egg will lie nearly flat on the bottom. If some evaporation has taken place, the large end in which the air cell is contained will turn upwards. An egg in which a large amount of evaporation has taken place will float.

After the egg is broken it is easier to judge its freshness. The following chart will help you.

	JUDGING EGGS	
QUALITIES OF A FRESH EGG	QUALITIES INDICATING STALENESS	QUALITIES OF EGGS NOT FIT FOR TABLE USE
A clean, slightly rough shell	A smooth shell	
An air cell not more than 1/8 of an inch in depth	A large air cell	
A thick, viscous white which prevents the yolk from flat- tening out; the yolk, a flat- tened sphere, firm, and of a uniform color through- out	A thin, watery white A flattened yolk	The white bloody or green
Germ spot, a small light spot at the top of the yolk, bare- ly visible	Blood rings surrounding the germ spot	Large blood spots or meat spots present
No odor	A strong odor	Molds or bad odors present

Cold-storage eggs. The question has frequently been raised, "Are cold-storage eggs good?" Here are the facts: Due to increased production in the spring, a large number of eggs are placed in cold storage. The quality of the cold-storage egg depends upon the quality of the egg put in storage. Eggs of good quality retain these same qualities when put in cold-storage rooms which are well supplied with moisture and in which the temperature is controlled. In many instances, cold-storage eggs kept under good conditions are superior to the so-called fresh eggs which have been improperly cared for. An unfair practice that is sometimes used by retailers is to call any egg that is old or stale a cold-storage egg.

Selective and storing eggs. Eggs are highly perishable and require refrigeration from the time they are taken from the nest until they are dropped into the frying pan. They should also be kept clean as the shells are porous.

Small eggs are cheaper than larger eggs by the dozen but not necessarily by the ounce. Large eggs should average about 24 ounces to the dozen. Grade

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A eggs are desirable for direct eating. Grade B are generally satisfactory for cooking purposes. The color of the shell makes no difference. In some parts of the country white eggs are highly prized and in others brown eggs are preferred. Actually the color of the shell has no effect on the cooking quality or nutritional value of the egg.

As soon as eggs are brought home they should, of course, be refrigerated, but they should not be washed until just before they are used. Cracked eggs should be cooked immediately.

EGG COOKERY

The behavior of protein when heat is applied accounts for the changes that occur during the cooking of eggs and egg dishes. Both the egg yolk and the egg white coagulate when heated and so can be used for thickening. For the cooking of eggs, low to moderate heat is used. Intense heat will toughen and harden them.

Eggs are one of the most versatile ingredients used in cooking.

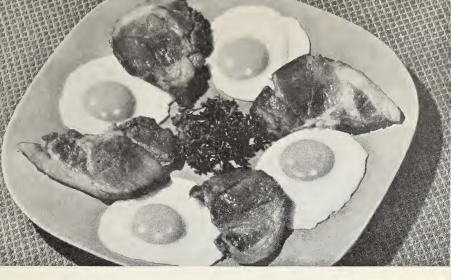
For flavor and texture. Eggs are used to add flavor and to improve the texture of many a dish. Sauces and puddings thickened with eggs are more flavorsome than those thickened with flour or cornstarch and, of course, a cake would not be a cake without at least one egg.

As a leavening agent. When air is beaten into eggs, they may serve as a leavening agent. A bowl with a rounded bottom sloping out to a wider top is of good design to use when whipping eggs. Beaten egg whites should have a shiny, smooth surface and not a dry, crumbly appearance. Overbeaten egg whites result in a smaller volume of cooked product because the cells of air break rather than expand when heated. When egg whites are beaten correctly, peaks or tails are formed as the beater is withdrawn from the mass. Salt and cream of tartar can be used to give a more stable foam.

Cold eggs do not whip so quickly nor to so large a volume as eggs that have been left at room temperature. The presence of fat (usually from the yolk) interferes with the whipping of egg white and considerably reduces the volume. In order to avoid getting yolk into the white when you separate an egg, hold it over a bowl as you crack it. Open the shell and let the whites drop into the bowl. Turn the yolk into the other half of the shell, so that the rest of the whites will flow out. Drop the yolk into a second bowl. Any bit of yolk must be removed from the whites before they are beaten.

As a coating. Eggs are used to put a coating on food to hold the crumbs, flour, or meal in place. This helps in forming a crust and in browning fried foods. Such foods as croquettes, cutlets, and fish filets usually require an egg coating before being dipped into crumbs.

As emulsifying agents. Egg yolks and whole eggs can be used efficiently to form an *emulsion*. An emulsion is formed when the protein of the egg forms a thin stable film around tiny globules of oil and keeps them suspended in a liquid. Egg as an emulsifier functions in this way in the making of mayonnaise.



FRIED EGGS (Number served: 4)

A good many people enjoy eating fried eggs. However, because of the difficulty in controlling the temperature of the fat in the pan, fried eggs are often served tough and rubbery. Some people claim to prefer them that way. This is probably due to the fact that they have not had an opportunity to become acquainted with a well-prepared fried egg.

Assemble these utensils:

frying pan saucer spatula, broad measuring spoons Assemble these supplies:

4 eggs

1 tablespoon butter or fortified margarine

Steps in preparation:

- 1. Place the frying pan in which the butter has been measured over a low fire.
- 2. Break open one egg at a time in a saucer and when the fat has entirely melted, slip into the frying pan.
- Cook slowly until the whites are white and firm. Baste yolk with butter, if a thin film is desired.
- Remove eggs with broad spatula or pancake turner and serve without breaking the egg yolk. Serve on hot plate.

A well-cooked fried egg has these qualities:

- a uniformly coagulated appearance with yolk intact,
- a tender texture,
- no excess fat,
- a good serving temperature,
- a fresh, well-seasoned flavor.

POACHED EGGS (Number served: 4)

Assemble these utensils:

frying pan and cover to fit measuring spoons

saucer

perforated spoon or ladle

butter spreader warm plates

Assemble these supplies:

4 eggs

4 or more pieces of bread water for frying pan

1-2 teaspoons salt

4 teaspoons butter or fortified margarine

Steps in preparation:

- 1. Pour water into the frying pan to a depth of two inches.
- 2. Add one teaspoon salt for every pint of water.
- 3. Bring water to the boiling point.

4. Break open egg into a saucer.

5. Slip the egg from the saucer into the slightly boiling water.

6. Cover the pan and let stand until there is a white film over the yolk and the white portion turns a pearly white.

7. Place pieces of bread on the broiler and toast. Turn once.

8. Place toast on warm plates and spread with butter.

9. Remove eggs from water with perforated spoon and place on toast.

10. Serve hot.

Well cooked poached eggs should have these qualities:

a pearly white appearance with yolk intact,

a tender texture,

a good serving temperature,

a fresh, well seasoned flavor.

PREPARING OMELETS

The omelet pan is a very important utensil in a French kitchen. It is used only to make omelets. In France, the entire family shows great pride in the homemaker's ability to turn out tender, flavorsome omelets.

If you learn to prepare an omelet to a golden turn you will never be at a loss for a dish to serve at any meal. As the occasion demands, asparagus tips, chopped chives, parsley, ham, bacon, cheese, chicken livers, sweetbreads, or fresh mushrooms can be added to the bottom half of the omelet before the top half is turned over.

There are two basic kinds of omelets to consider. The plain omelet is made by mixing eggs and seasonings lightly with a fork and cooking slowly in a preheated pan until the eggs are set. For a fluffy omelet the egg yolks and egg whites are beaten separately and the seasonings are added to the yolks. The stiffly beaten egg whites are then folded into the yolk mixture. The whole mixture is cooked slowly in a pan over the fire. For the last five minutes it should be put in the oven to cook the top. Too little folding of egg whites

into the yolk mixture will result in a breakdown of the air cells and produce a heavy, compact product.

PLAIN OMELET (Number served: 4)

Assemble these utensils:

Assemble these supplies:

bowl

1 tablespoon butter 4 eggs

measuring spoons

frying pan with rounded sides 4 tablespoons milk

spatula

½ teaspoon salt few grains pepper

warm platter

Steps in preparation:

1. Put about one tablespoon butter into the skillet.

2. Break eggs into bowl, add milk and seasonings.

Stir with a fork until ingredients are mixed. Be careful not to beat air into the mixture.

4. When the butter has melted, pour in the egg mixture.

5. As the mixture begins to cook, prick the bottom with a spatula and lift up so the uncooked egg can run through to the bottom of the pan.

6. Use the spatula to loosen the mixture from the sides of the pan.

7. When the eggs are set, use spatula, and fold one half over the other section. Roll out on warm platter. Serve immediately.

A well-cooked plain omelet has these qualities:

a uniform, delicate brown appearance,

a well-cooked, but slightly moist and tender texture throughout,

a well-seasoned flavor,

a good serving temperature.

BREAKFAST MEATS

The smell of a favorite breakfast meat cooking usually stimulates the appetite. Served alone or with eggs, bacon, ham, and sausage are popular breakfast meats. A favorite main dish for breakfast is bacon and eggs. Here we have a combination of two foods which complement one another in flavor, color, and texture. The cost of breakfast rises when meat is added to the menu. However, a small portion is all that seems necessary for the enjoyment of its flavor.

Bacon can be bought in a one-piece slab or sliced. For most purposes, sliced bacon is more satisfactory even though more expensive than slab bacon. The best quality bacon has a firm, white fat and a good mixture of lean and fat. Another type of bacon frequently found on the market is Canadian bacon, sometimes called English bacon. This comes from the pork loin and contains more muscle tissue and less fat than ordinary bacon which comes from pork sides and bellies. The excellent flavor of Canadian bacon probably accounts for its high cost.



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When bacon stops sizzling it is done. Drain off excess fat before serving.

BROILED BACON

(Number served: 8)

Assemble these utensils: long-handled fork broiler Assemble these supplies: 16 slices bacon

Steps in preparation:

- 1. Turn on oven and set temperature control at 350°F.
- 2. Arrange the strips of bacon on the rack of a broiler or on a rack set into a pan. Place pan about 3 to 3½ inches from flame.
- 3. Turn bacon once during the cooking process.
- 4. The bacon is done when it is crisp and is golden brown and dry.
- 5. Remove from pan and serve hot.
- 6. Collect fat drippings and use at later date.

Broiling is a good way to cook bacon for a large group. As an alternative for a smaller group bacon may be pan-fried. Lay the bacon flat in the bottom of a cold frying pan. Put the pan over a medium flame. As the bacon cooks, turn it several times and pour off the fat. When the bacon is brown and crisp, remove and drain on brown paper or paper towel. Keep hot in warming oven while cooking eggs in the same pan. Save the bacon drippings. These will be useful for adding flavor to other dishes and for frying other food.

Well-cooked bacon has these qualities:

- a flat, crisp appearance,
- a dry surface, free from excess fat,
- a pleasing flavor, free from bitter substances,
- a hot, rather than warm, temperature.

Sausage is another favorite breakfast meat. It comes in link form (in casings) or in bulk as sausage meat. Sausage is highly seasoned and does not require any additional seasoning. Bulk sausage is usually made into patties. Sausage links and patties should be cooked slowly to insure thorough cooking. They can be pan-fried or oven cooked. The only difference in cooking them is that in pan-frying link sausage they are started off in water whereas the uncased patties are not.

PAN-FRIED SAUSAGE LINKS

(Number served: 4)

Assemble these utensils:

Assemble these supplies: 8 link sausages

frying pan food tongs

absorbent paper

Steps in preparation:

- 1. Place links in frying pan and add a small amount of water. Cover and steam 5 minutes. Then drain off any remaining water.
- 2. Replace on fire and cook over slow heat, turning frequently until brown.
- 3. Drain on brown paper or absorbent towel. Serve hot.

As an alternative sausage may be baked in an open pan with rack in a moderately-hot oven $(375^{\circ}F.)$ until well browned and thoroughly cooked. They should be turned once. This method takes about 30 minutes.

SUMMARY

- 1. Fresh eggs are not necessarily new-laid eggs. Proper storage conditions will hold an egg at its fresh state and poor storage conditions will cause a new-laid egg to become stale very rapidly.
- 2. The weight of eggs varies. For this reason it is better to buy by weight rather than by size.
- 3. There is no difference in the nutritive value or cooking quality of brown and white eggs.
- **4.** Eggs should be stored in the refrigerator.
- 5. The shell of an egg is porous and therefore should not be washed until just before use.
- **6.** Eggs require low heat in cooking.
- **7.** Eggs are used in other foods to add flavor and texture, as a leavening agent, to form a coating, and as an emulsifying agent.
- 8. Bacon, ham, and sausage are popular breakfast meats. When combined with eggs they complement their mild flavor.
- 9. Bacon may be bought in slab form or sliced.
- 10. Canadian bacon is the cured tenderloin of pork.
- 11. In good bacon, the fat is firm and there are definite layers of fat and lean.
- 12. Small amounts of bacon may be pan-fried. To serve bacon to a large group, it is best to broil it in the oven.

ACTIVITIES

 Plan, prepare, and serve in class groups breakfasts which have eggs or meat or both for their main dish. Refer to current prices and estimate the cost of each meal.

2. Compare:

- a. the weight of one dozen small eggs with that of a dozen large eggs. Then compute the cost per ounce of the different sizes.
- b. two eggs from the same dozen. Place one in the refrigerator and the other on top of the refrigerator. After 24 hours, break the eggs into two different flat dishes and compare their appearance.
- c. the cost of a pound of bacon bought in the slab form with the cost of a pound of sliced packaged bacon and estimate the number of servings which you can get from each.
- d. the cost of one pound of sausage meat with the cost of one pound of link sausage.

3. Demonstrate:

- a. the separating of the white from the yolk of an egg.
- b. the beating of egg whites until they are stiff.
- c. the folding of egg whites into a mixture.
- d. the poaching of eggs. Evaluate your results and discuss the ways in which they may be served.

4. Suggest:

- a. meats other than bacon, ham, and sausage that can be served for breakfast.
- b. egg dishes that can be used for lunch and dinner.
- Investigate local and state regulations in effect in your community concerning the sale of eggs.

PART 5

BREAKFAST BEVERAGES

Several beverages are used for breakfast in different parts of the world. The French drink chocolate or café au lait with their rolls and butter. The English prefer tea. Americans enjoy several beverages such as coffee, tea, cocoa, and chocolate.

MILK

From the point of view of health, milk is the best beverage to drink at breakfast. As you have learned, it is an almost perfect food. Milk is the first food of all young during the important period of rapid growth and development. It is of prime importance to the teen-ager, too, for the abundant use of milk and its products pays dividends of continued growth, good looks that come from health, and strong teeth and bones. Milk contains complete proteins; calories from milk sugar and fat; vitamins A, B-complex, and sometimes D; and calcium and phosphorus in exactly the right proportions for teeth, bones, and other body needs. Drinking a glass at breakfast gives you a good start in getting your quart a day.

Although fresh milk is preferred for drinking purposes, dried, evaporated, and condensed milks are cheaper and serve very well in cooking. Dried milk is the most concentrated and inexpensive form of milk. Three tablespoons of powdered milk dissolved in 1 cup of water can be substituted for a cup of fresh milk. Four and one-half ounces dry whole milk or 3½ ounces dry skim milk and 1½ ounces of butter plus 3½ cups of water equal 1 quart of fresh milk. The powdered milk is beaten into the water with a rotary beater. It has a characteristic flat flavor due to the heat used in drying it, but that may be overcome in cooking.

Sixteen ounces of evaporated milk and 16 ounces of water compare with . 1 quart of fresh milk. Whenever you substitute evaporated milk in a recipe, use equal parts of evaporated milk and water to make the amount called for. If undiluted and chilled for several hours, it whips as easily as cream. Some cooks prefer to add flavoring to cover the slight caramelized flavor due to the processing. Evaporated milk stores well, but it is a good idea to shake the can before opening it to mix in any separated butter fat that might result from a long storage.

Sweetened condensed milk is limited to use in desserts—baked products, candies, frostings, puddings, ice creams, and pie fillings.

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Milk is on the market in a good many different forms as follows:

MILK

FORM	DESCRIPTION		
Raw	Fresh unpasteurized milk		
Pasteurized	Raw milk after it has been subjected to heat (160° F.) for 15 seconds		
Homogenized	Pasteurized milk treated mechanically to reduce the size of the fat globules so that they remain dispersed in the liquid		
Certified	Raw or pasteurized milk but so treated as to comply with the strictest requirements for infant feeding		
Skim	Milk with most of the fat removed		
Chocolate	Whole milk to which chocolate syrup is added		
Chocolate-flavored	Skim milk with added cocoa		
Buttermilk	Churned milk with butter removed		
Cultured Buttermilk	Buttermilk prepared by lactic culture		
Sour	Milk that has been soured naturally or artificially		
Evaporated	Whole milk from which 60 per cent of the water has been removed; contains not less than 9 per cent butterfat		
Sweetened Condensed	Evaporated milk to which sugar up to 40 per cent weight is added		
Dry Whole	Dry whole milk (not reconstituted); fat content 26 per cent		
Non-fat Dry	Dry skim milk (not reconstituted); fat content is 1.5 per cent		
Malted	Dried milk, barley malt, wheat flour, dried, ground, and flavored		

Cream comes into the breakfast picture with cereal and some beverages. As in the case of milk, there are several forms on the market:

CREAM

FORM	DESCRIPTION
Light	Also known as coffee cream, contains 18 per cent butterfat
Medium	Known as light whipping cream, contains between 30 to 36 per cent fat
Heavy	Whipping cream, contains from 36 to 40 per cent fat
Homogenized	Light or medium but the fat globules are reduced so that it can rarely be whipped
Sour	Does not contain less than 18 per cent fat; is commercially soured so that the thickness and the acidity can be controlled

Whipping cream should not contain less than 25 per cent butterfat. It should be well chilled and whipped in a deep well chilled bowl and should not be beaten any longer than necessary. Otherwise you will produce butter!

Milk and cream must comply with municipal and state laws. It is important that the housewife should continue this good care. Wash the bottle before storing it in the refrigerator and keep it covered so that the milk will not absorb odors. The temperature of the refrigerator must not be above 45° F. After using some of the milk, return the bottle to the refrigerator immediately.

Evaporated and condensed milk should be refrigerated after the can has

been opened. Dried milk requires no refrigeration if kept in the moisture-proof, air-tight box in which the milk was packaged.

COCOA AND CHOCOLATE

Drinking cocoa or chocolate for breakfast is one way of including milk and at the same time having something hot—especially welcome on a cold winter morning. These two drinks were gifts of the New World. History tells us that Columbus carried cacao beans back to Queen Isabella from the West Indies. When Cortez reached the Aztec empire in Mexico in 1519 he and his men were given a magnificent royal feast by Montezuma II, the Emperor. The explorers were served a strange and wonderful drink in golden goblets. Although it was sweetened and flavored with vanilla, its chief ingredient was the crushed cacao bean that grew in South America and the West Indies. For a time, only royalty could afford this beverage from the New World. Spanish monks later carried the beans to France and Germany. When Anne of Austria, daughter of Philip III of Spain, married Louis XIII, her favorite beverage was a sensation at the French Court. In 1656, a Frenchman established the first chocolate house in London. Soon it was a favorite gathering place for the literary groups. The popularity of the drink spread to other European countries. Gradually the chocolate flavor was used in cookery.

The tropical tree that produces these beans has broad green leaves and melon-shaped fruit each of which contains about 40 beans the size of almonds. These are gathered, cured, and roasted to develop the flavor. They are then ground and processed to remove 75 per cent of the fat from cocoa and 50 per cent of the fat from chocolate. Both of these products contain a substance called *theobromine* which is similar to the caffeine of coffee and theine of tea.

COCOA

(Number served: 1)

This is a good recipe for breakfast. It is a simple drink that is easily and quickly prepared.

Assemble these utensils:

double boiler measuring cup measuring spoon wooden spoon

rotary beater

Assemble these supplies:

1 tablespoon cocoa

1 tablespoon sugar 1/3 cup water

2/3 cups milk

2 drops vanilla (optional)

Steps in preparation:

- 1. Mix the measured sugar and cocoa in the top of the double boiler.
- 2. Add the cold water, stir to a smooth paste. Bring to a boil, cook for 5 minutes.
- 3. Add the milk to the hot cocoa mixture and stir until well blended. If time allows, let stand over hot water for improved flavor.
- 4. Just before serving add vanilla, if desired, and beat.
- 5. Serve very hot.

CHOCOLATE

(Number served: 1)

This richer beverage is suited for parties and special occasions for which it may be topped with whipped cream or a marshmallow. The color is darker than that of cocoa.

Assemble these utensils:

double boiler measuring cup measuring spoon wooden spoon rotary beater Assemble these supplies:

1/4 square chocolate (1/4 ounce)

2 teaspoons sugar

1/3 cup water

2/3 cup milk pinch salt

2 drops vanilla (optional)

Steps in preparation:

1. Melt the chocolate in the top of the double boiler, add the sugar, the water, then cook to a thick syrup (about 15 minutes).

water, then cook to a thick syrup (about 15 minutes).

2. Add the milk, cook an additional 10 minutes. Place over hot water for

a half hour, if time permits.

3. Then add the few grains of salt and the vanilla. Beat the beverage with a rotary beater just before serving.

4. Serve very hot.

In "Simple Desserts" there is a recipe for the preparation of a chocolate syrup. Two tablespoons of this syrup may be added to hot milk or to cold milk to cut time and energy in the preparation of this beverage.

Good cocoa and chocolate beverages have these qualities:

a rich chocolate flavor,

a light to darker brown color,

a consistency of light cream,

no sediment.

a uniform, well-blended body.

COFFEE

Coffee got its name from an ancient shrub, kaffia, native to Abyssinia. Many interesting legends are associated with its use as a beverage. According to the legend most commonly accepted, a herdsman, tending his goats in a barren field, noticed that they were very lively after eating the red berries from a certain shrub. The herdsman carried these berries to the near-by monastery where they were crushed and made into a brew which the monks sampled. They liked it and continued to use it. These berries eventually found their way to Italy and when Catherine de Medici (1519-1589) went to France to marry Henry II, she carried her favorite beverage with her. Soon the French court was drinking coffee. The coffee fad spread to England. You may recall the role the coffeehouses played in the literary history of the seventeenth century.



Sealtest Consumer Service

Country-wide surveys show that, day in and day out, milk is America's favorite beverage.

Today we in the United States use more coffee than is consumed in any other country in the world.

We get much of our coffee from Brazil. The climate of Brazil is well suited to the cultivation of the plant which is grown on the slopes of the mountains. The red beans or berries of the coffee tree or shrub are picked, the covering is removed, and the green coffee beans remain. These beans are processed, roasted, and blended preparatory to packing for the market.

In general, coffee gets its name from the localities that produce it, such as Mocha, Java, and Santos. The green beans are usually shipped from these places to this country where they are roasted and ground to order. Then the coffee is placed in glass, tin, or cardboard containers. All coffee grows stale quickly after it is ground unless it is kept in air-tight containers. If coffee is bought in paper or cardboard containers, transfer it to an air-tight container as soon as purchased.

There are four standard ways of making coffee. Your choice of method will depend upon what kind of pot is available and the number of people you want to serve.







Percolator

Drip Pot

Vacuum Pot

COFFEE-MAKING

METHOD	DESCRIPTION
With a Percolator	Use a medium-fine grind. Measure fresh water into the pot. In the basket place 2 tablespoons coffee for each cup water. Place the basket in the pot and cover. The water should percolate for about 8 minutes. Then remove the basket and grounds and serve the beverage at once.
With a Drip Pot	Select fine or drip-grind coffee. Bring fresh water to a boil. Place coffee in the filter section. Use 2 tablespoons for each cup of water. Pour boiling water in the upper section and cover. When the water in the upper section has dripped through it is possible to heat it over a low flame but never boil it. Remove the top and filter section. Transfer cover to bottom section. Serve immediately. This produces a clear, sparkling, deep-amber coffee.
With a Vacuum Pot	Use a medium-fine-grind coffee. Measure 2 tablespoons for each cup of coffee and place coffee in the upper section. Fill lower section with water. When the water boils, reduce the heat immediately and place the upper section on carefully. The water will rise into the upper section. After several minutes, depending on the pot, remove the coffeemaker from the fire and the coffee will be then drawn into the lower bowl. Remove the top section and serve immediately.
Steeping the Coffee	Use a coarse-grind coffee. Preheat the pot with boiling water. Measure 2 tablespoons coffee for each cup of coffee desired. Add the amount of boiling water needed and stir the coffee and water for nearly one minute. Cover and allow to stand about 10 minutes. Pour off the coffee immediately. This method is used for large groups of people and for picnics and out-door cookery.

No matter which method you use the coffeemaker must be kept immaculately clean and carefully scalded each time it is used in order to produce good coffee. To be at its best, it should be served immediately after being made. Some people add a pinch of salt or chicory for flavor but the general preference is for plain, well-brewed coffee. In hot weather coffee may be served cold. For this, coffee is prepared double strength and poured hot over crushed ice or ice cubes. Café au lait is made by pouring equal amounts of hot milk and hot coffee (double strength) together into a cup. Café noir is strong black coffee served in a demitasse in the living room after dinner.

In selecting a coffeemaker of any kind there are several things to keep in mind. It should be simple to use and easy to keep clean. It should produce a clear, full-bodied beverage in a reasonable length of time. And it should be large enough to make coffee for the number of people you usually serve—seconds included. However, before you invest in a coffeemaker, you might investigate the "instant" coffees. There are several powders and at least one frozen concentrate. All you have to do is measure the coffee into the cup, pour in boiling water, and stir. The flavors of some are satisfactory but they are expensive.

Coffee is a temporary stimulant due to its caffeine content. It also contains a small amount of tannin. For this reason it is not recommended for children, adolescents, and some adults. There are de-caffeinated coffees on the market for these people from which 95 per cent of the caffeine has been removed. There are also coffee substitutes which are made from roasted cereals, but these do not taste the same.

A good cup of coffee has these qualities:
no grounds or suspended particles,
a clear, sparkling, brown color,
a full, rich body,
a fresh, mellow, stimulating flavor,
an appealing aroma,
a very hot temperature.

TEA

Next to water, tea is the most widely used beverage in the world. The origin of tea is not known although there are many legends about it. The first written record of this beverage appeared in 2737 B.C. when the Chinese emperor Shen Nung, wrote, "It quenches thirst. It lessens the desire for sleep. It gladdens and cheers the thought!"

It is assumed that the tea plant was first found in the southeastern sections of Asia where the bush has been remarkably hardy and grows well under a variety of conditions. Most of our tea comes from India, Ceylon, Formosa, and Japan. The leaves of the plant are gathered from the bushes and then graded for size. Since the smaller, tender leaves are the most desirable, the quality decreases as the size of the leaf increases.

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There are hundreds of names for varieties of teas, but there are three general classifications.

KINDS OF TEA

TYPE	DESCRIPTION
Green	Made from leaves that have been heated in order to dry them. This tea produces a pale, golden-clear, sparkling tea that is brisk in flavor.
Oolong	Made from semifermented and cured leaves. It has some characteristics of both the green and black teas. This tea produces a light, amber, flavorful tea which is very popular here.
Black	Treated in the fermenting process to bring out a full, mellow flavor. This tea produces a pungent, fragrant tea of a reddish color.

Tea may be correctly called "the cup that cheers" only if it is made and served well. It should be a rich, full-flavored brew that has an inviting aroma. The color depends on the variety of tea selected and the length of the brewing time. The amount of tea to use for one cup is one teaspoon or one tea bag. If you make tea for a group, add a teaspoon or bag "for the pot" as well as one for each cup of water.

Tea may be accompanied by sugar, thin slices of lemon or orange, milk or cream, and mint leaves. A recent survey shows that in our country, some tea drinkers add milk, some sugar alone, some combine lemon and sugar, and the rest drink it plain as is the custom in the Orient where people really appreciate the full flavor of tea.

Like coffee it has no nutritive value in itself, but it does contain theine, a stimulant that gives a "lift" similar to that of the caffeine in coffee. Also like coffee it deteriorates rapidly unless stored in an air-tight container of metal or glass. One pound of tea may prepare about 300 cups of the beverage. Therefore, unless it is used frequently, it is a better practice to buy smaller packages.

HOT TEA (Number served: 1)

Assemble these utensils:

teapot saucepan or kettle for water strainer or tea ball or bag measuring spoon measuring cup Assemble these supplies: fresh boiling water

1 teaspoon tea leaves (or 1 bag)

If desired for service:

lemon slices sugar

milk or cream

Steps in preparation:

1. Place boiling water in the pot to warm it. Drain when heated.

- 2. Place the tea in the pot; add 1 cup of boiling water. Put cover on the pot.
- 3. Allow to steep from 3 to 5 minutes. If a tea ball or tea bag has been used, remove it. Serve immediately with the desired accompaniments. Use a strainer if loose tea is used.

A good cup of tea has these qualities:

a full, rich flavor,

a cloudless amber to green color depending on blend,

an inviting aroma,

no sediment in the cup,

a piping hot temperature.

SUMMARY

- 1. A variety of beverages are used for breakfast in different parts of the world.
- 2. From the point of view of health, milk is the best.
- 3. Milk can be prepared in a hot drink such as cocoa or chocolate.
- 4. There are four standard ways of making coffee: in a percolator, in a drip pot, in a vacuum pot, and by steeping it.
- 5. There are hundreds of varieties of teas, but the three general classifications are green, oolong, and black.
- 6. There is no nutritive value in tea or coffee, but they do contain a slight stimulant.

ACTIVITIES

1. Discuss:

- a. the cost and use of the following forms of milk: fresh, homogenized, skim, dried, and evaporated.
- b. local and state regulations dealing with the production and sale of milk. Could they be improved? If so, how?
- c. the proper care of milk in the home. Give reasons.
- 2. Keep an accurate record of the amount of milk you include in your diet for a week. Do you need to increase the amount? Suggest ways of doing it. What are the reasons for including a liberal quantity of milk in the diet for all ages?

3. Demonstrate:

- a. the use of three types of coffee-makers and their proper washing and storage. Compare them for cost, ease of care, and the quality of coffee made in them.
- b. the use of different types of teapots and compare them as above.



UNIT V

DINNER

- 1. Dinnertime
- 2. Meat
- 3. Poultry
- 4. Fish
- 5. Yeast Breads
- 6. Cake and Cookies
- 7. Pies and Frozen Desserts
- 8. A Day at Home



PART I

DINNERTIME

During the early years of our country, colonists gathered around the fireplace where food was prepared and served from heavy iron pots hung on cranes. Food was also served from crude, wooden trenchers, pewter platters, and gourd cups. More prosperous days brought china, silver, and linen from the Orient and Europe, but the sincere hospitality of breaking bread with friends has remained a strong national characteristic with us throughout the years. Several things make for that feeling; the thought that prompts the invitation, the food and the friendly conversation, the relaxation, and the occasion. Memories of such meals are treasured.

Dinner is also the most pleasant meal since the family gathers around the table and exchanges accounts of the events of the day or makes plans for the coming day. These shared experiences help to bind the family together.

SUGGESTED DINNER-MENU PATTERNS

	FOODS	EXAMPLES	
Light	Meat, fish, or poultry	Irish Stew	
O	Vegetable	Cole	Slaw
	Salad	Wholewhe	at Muffins
	Bread	Apple	Butter
	Dessert	Milk	Coffee
	Beverage		
Moderate	Soup	Vegetable Soup	
	Meat, fish, or poultry	Broiled Fish	
	Vegetable	Baked Potato	
	Salad	Tossed Green Salad	
	Bread	Corn Sticks	
	Dessert	Apple Dumplings	
	Beverage	Milk	Coffee
Hearty	Appetizer or soup	Tomato Juice	
	Meat, fish, or poultry	Chicken Potpie	
	Starchy vegetable	Green Beans	Rutabaga
	Yellow or green vegetable	Gelatin Salad	
	Salad	Biscuits	
	Bread	Ice Cream	Cookies
	Dessert	Milk	Coffee
	Beverage		

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PLANNING A DINNER

A good dinner does not just happen but is the result of careful planning, intelligent marketing, good management, and high food standards. Planning will eliminate that hurried, flurried, fatiguing experience that upsets the cook, the family, and any guests. So practice on your family, work as an apprentice with your mother or grandmother, gain self-confidence by repetition and then ask a friend home for a carefully planned dinner. One day in the near future you may have your own home and then all the experience you will have gained will be of great help.

Planning is made a little easier by some "natural combinations" that have become established. Some of these are shown in the following chart.

"NATURAL COMBINATIONS" HELPFUL IN PLANNING A DINNER

MEAT	VEGETABLES	SALAD	BREAD	DESSERTS
Beef and Veal Sauce: Cur- rant	Baked potato Corn Tomato Cauliflower Eggplant Green beans	Mixed green Vegetable Fruit Cabbage	Muffins Wholewheat bread Hot popovers Rolls	Baked fruit Fruit pies Fruit puddings Gelatin desserts Custards Fruit cup
Lamb Sauce: Mint or currant	Creamed potatoes Asparagus Rice Peas, carrots Broccoli	Grapefruit Lettuce Vegetable Fruit	Muffins Wholewheat bread Hot popovers Rolls	Fruit sherbets Gelatin desserts Custards Gingerbread
Pork and Ham Sauce: Apple or raisin	Spinach Sweetpotatoes Potatoes Peas Brussels sprouts	Pineapple and carrot Vegetable Apple and celery Cole slaw	Corn bread Rye bread Hot rolls	Fruit pies Custard Cake Fruit desserts Gelatin
Fish Sauces: Tar- tar, lemon or tomato	Beets Baked potatoes Fried potatoes Broccoli Spinach Onions	Tomato aspic Vegetable Cabbage Cucumber	Hard rolls Corn bread Rye bread	Lemon pie Fruit sherbets Fresh fruits Melons Fruit ice creams
Poultry Sauces: Cran- berry or jellies		Green Fruit Vegetable Cranberry	Biscuits Rolls Muffins Popovers	Ice cream Cake Fruit sherbets Berry pies Fruit desserts

DINNERTIME [215

According to recent statistics representing several economic levels, the favorite "natural combination" in our country is this menu.

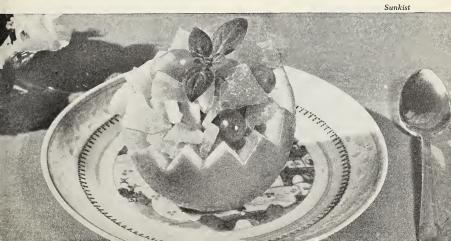
Fruit Cocktail
Vegetable Soup
Steak
Potato Peas
Tossed Salad
Rolls Butter
Apple Pie à la mode
Coffee

The second choice for meat was roast beef, the third was roast chicken, and no other changes were made. It is well to learn to prepare these "old time favorites" but also well to introduce foods that will become old favorites.

APPETIZERS

Modern informal service often starts dinner in the living room with tomato juice or some other kind of cocktail and sometimes canapés of any of a number of kinds: corn or wheat crackers, potato chips, ripe olives, pickled onions, stuffed celery, little wedges of toast spread with a cottage cheese mixture or deviled ham, small pieces of cheese, tiny sausages. Almost any food may be used that can be eaten with the fingers or on a toothpick and that is tart or salty to sharpen the appetite for the meal to come. This is a pleasant social custom and makes table service easier by eliminating one course to be served and removed. It also gives a hostess a time leeway. She can wait until her guests arrive before starting to cook any part of the dinner that would be spoiled by a delay in serving. In the meantime she can keep her guests happy and occupied with nibbling canapés in the living room for a good half-hour to forty-five minutes.

Of course if you would rather serve soup or a seafood cocktail or fruit cup, it must be served at the table. A custom in the western United States is to start a meal with a tossed green salad.





American Can Company

TOMATO JUICE COCKTAIL

(Number served: 4)

Assemble these utensils:
covered quart jar
measuring cup
measuring spoons
can opener (if needed)
chopping board
knife

Assemble these supplies:

- 2 cups tomato juice
- 1 sprig parsley, chopped
- 1 teaspoon Worcestershire sauce
- 1 teaspoon salt

Add before serving:

1 tablespoon lemon juice

Steps in preparation:

- 1. Add the seasonings to the tomato juice.
- 2. Cover carefully, refrigerate several hours or overnight.
- 3. Strain, add lemon juice before serving.

A good tomato-juice cocktail has these qualities:
a well-chilled temperature,
an attractive red color,
interesting added seasonings.

SUMMARY

- 1. A good dinner is the result of careful planning.
- 2. Some foods go particularly well together. Knowing these "natural combinations" is an aid to planning.
- 3. Often dinner starts in the living room with a drink, such as a tomato juice cocktail, and crackers or canapes.
- 4. Appetizers should be tart or salty to stimulate the appetite.

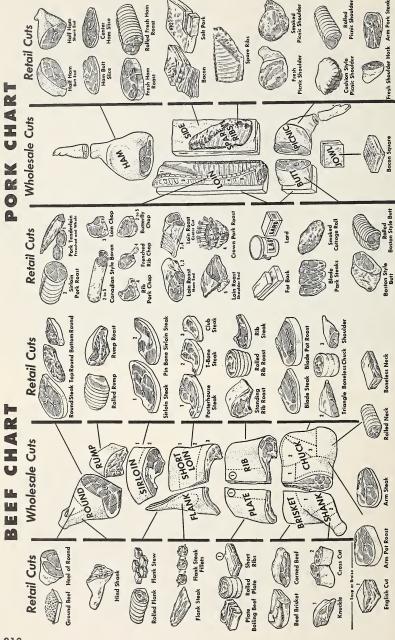
ACTIVITIES

- Collect information about typical dinners of different nationalities and sections of the country and report to class. Bring menus from foreign restaurants and pass them around if you can get them.
- Discuss the social values of dinner. Be specific about the kind of conversation suitable and ways in which the dinner hour can be enhanced by the use of flowers, etc.
- 3. Keep a record of the dinners you eat for a week. Were they light, moderate, or heavy? Did they complete your daily food requirements? How could your dinners be improved?
- **4. Collect** pictures from magazines or papers of attractive appetizers. Criticize them as to how well they fulfill their purpose.



Meat has always been an important food. It was eaten raw until it was discovered, perhaps accidentally, that hanging it over the fire improved its flavor and texture. Charles Lamb wrote a "Dissertation upon Roast Pig" in which he gave his version of this discovery. His theory is that it was not immediately accepted. People were disturbed at the idea of eating cooked meat then, just as we would be at the idea of eating raw meat today.

Tradition limits our selection of meat. We do not consider dog meat or the meat of monkeys and reptiles food, but in some parts of the world they are relished. In the broadest meaning of the term, meat includes the flesh of mammals, poultry, and fish. However it is commonly used to mean the flesh of mammals raised for food. In this country the principal meats are veal, beef, lamb, mutton, and pork.



Series from National Live Stock and Meat Board Veol Rosettes Veol Loof Retail Cuts Veol Breost Legs VEAL CHART Wholesale Cuts Rolled Veal Rump Roast Retail Cuts Blade Veal Steok Lamb Breast Retail Cuts amb Shanks Frenched Leg Rolled Breast LAMB CHART Wholesale Cuts Soratoga Lomb Chaps Retail Cuts Cushion Lamb Shaulder Arm Lamb Chop

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THE STRUCTURE OF MEAT

Meat is made up of muscles, fat, connective tissue, and bone. The muscle tissue, often referred to as *lean meat*, is made up of fibers bound together with connective tissue. Fat cells are found in the connective tissue cells, around and between muscle cells and under the skin. The best grades of meat have considerable fat laid down as marbling in the connective tissue.

All flesh foods are excellent sources of complete proteins and hence are valuable building foods. The muscle meats are also good sources of iron and phosphorus, riboflavin, and thiamin. Pork is especially rich in thiamin. The energy value of meat is dependent on its fat content.

Veal is from cattle not more than twelve weeks old. It is pink in color and has very little fat. For this reason it is frequently larded when it is to be roasted. The muscles are not yet firm and there is a large water content. Long, slow cooking is needed to soften the large amount of connective tissue and the meat is at its best when well-done. Beef comes from older cattle. The cuts are large by comparison with other kinds of meat. Their color is cherry red and the fat is waxy or brittle.

The differences between lamb and mutton are also due to age. The color of lamb varies from light to dark pink, deepening as the animal grows older and the bone becomes whiter and harder. Lamb is the smallest of the meat animals. Most cuts are tender and lend themselves to roasting.

Pork has a good amount of fat and very little connective tissue. The lean is grayish pink, the fat white and firm and the cuts smaller than beef or veal, but larger than lamb. There is always the possibility of pork being infected with parasites known as *trichinae*. These are destroyed by long, slow cooking. Pork should always be served well done. Most cuts are suitable for roasting. While mild-cured, tenderized, high grade commercial hams need not be soaked before cooking, poorer grades, home-cured hams, and commercially cured shoulders may be greatly improved by being soaked and precooked before they are baked.

Organ meats from any of the meat animals are a good buy from the nutritive standpoint and should be part of the week's meat supply. In general, organ meats are higher in iron than muscle meats, and rich in vitamin A which appears to be entirely absent in muscle. Liver contains some copper which accounts for the good utilization of the iron from that organ meat. Few people need an introduction to liver. The liver of any meat animal is edible. Calf brains and sweetbreads (the thymus glands of calves) are known for their delicate flavor and are eagerly sought after by those who have learned to appreciate them. Kidneys range in flavor and texture from delicate to very strong, depending on the kind and age of the animal from which the kidney is taken. Beef kidney has a strong flavor and requires long, slow, moist heat. On the other hand, veal kidney has a very delicate flavor and can be broiled successfully. Tongue and heart are less tender cuts of meat and need longer cooking.

USDA Photograph

United States graded and stamped meat is found in meat markets all over the country. The purple fluid used for the stamping is entirely harmless. The prints usually disappear when the meat is cooked.

SAFEGUARDING THE MEAT SUPPLY

Federal Inspection. Meat from healthy, sound animals should be without odor, dry, firm, and free from bruises. The best protection that the consumer has against unsound meat is the United States inspection stamp. The main purposes of meat inspection are to identify and destroy diseased and otherwise unfit meat, and to see that meat and meat products are prepared under sanitary conditions. The control is limited to meat or meat products prepared for sale outside the state where it is sold and in foreign countries. Under this system no plant is granted inspection until certain, well-defined requirements as to sanitation are met. Qualified veterinarians examine the live animals and the slaughtered carcasses and tag the diseased and otherwise unfit animals as "condemned." Meat so tagged never gets to the consumer. Carcasses which pass the rigid inspection are marked with the purple stamp of approval, U. S. Inspected and Passed.

It is possible that meat purchased in some localities will be marked with a stamp other than that used by federal inspectors. This means that city or local authorities have examined the animal and meat and it has been accepted as fit for consumption. Such meat, however, may not be shipped to other states or to foreign countries. Local standards vary widely from place to place.

Grading Meat. The stamp "U. S. Inspected and Passed" means that the meat is sanitary, but the inexperienced consumer needs a further guide in selecting good quality meat. As in the case of canned vegetables, The Department of Agriculture has set up standards and packers may, if they wish, hire government graders to judge and stamp their meat. Other packers have set up their own standards and use brand names to identify quality and still others use the system recommended by the Institute of American Meat Packers.

The grades for beef, veal, and lamb are quite similar, but pork is graded by





CHOICE

GRADES YOU WILL FIND IN THE MARKET

COMMERCIAL

U.S. Department of Agriculture





GOOD

UTILITY

UNITED STATES GRADES FOR BEEF AND WHAT THEY MEAN

GRADES	DESCRIPTION OF GRADE		
U.S. Prime	Cuts are blocky and compact. Layers of creamy white fat about 3/4" thick cover the exterior of cut. Muscle tissue is very firm and velvety when cut. There is extensive uniform marbling throughour muscle tissue. Uniform bright color ranges from cherry red to deep blood red.		
U.S. Choice	Cuts are blocky and compact. Layers of white fat cover the exterior of the cut. Muscle tissue is firm and velvety. There is considerable marbling. Uniform color ranges from red to bright red.		
U.S. Good	Cuts are moderately blocky and compact. Moderate amount of fat covers the exterior of the cut. Muscle tissue is moderately firm, velvety lean. Marbling is limited. Usually is a bright uniform color, but may be two-toned with areas of light and dark.		
U.S. Commercial	Shape of cut is angular and irregular. Covering of exterior fat is thin. Muscle tissue is coarse, somewhat spongy. There is little marbling through lean. Color is two-tone with mixture of light and dark areas.		
U.S. Utility	Conformation is very angular and irregular. There is almost no exterior covering of fat and practically no marbling. Color is two-toned with mixture of light and dark areas.		
U.S. Cutter and U.S. Canner	Shape is very angular and irregular. Exterior covering of fat is very thin. Muscle tissue is watery, coarse, lean. There is no marbling. Color ranges from a slightly dark red to very dark red.		

number only. Nearly all the prime meat goes to luxury restaurants and the consumer generally finds choice, good, or commercial grade in the market. Utility is the lowest grade sold in retail stores. Lower grades go into canned products for commercial canning processes are able to tenderize the tougher meats and thus make their nutritious qualities available to the consumer as they would not be otherwise.

Retailers who handle graded and stamped meats are usually pleased to exhibit them. If your butcher does not carry graded meat, it would be well to make a specific request for it and try to influence him to carry it in the future. Meat is an expensive food and time spent in learning to recognize quality in the different kinds and cuts of meat will not be wasted. Considerable money can be saved when the homemaker has the ability to choose the right cut and quality of meat for the purpose to which it will be put. One way for you to learn a good deal about meat is to accompany your mother when she buys it. Ask the butcher as many questions as you can without delaying him for too long a time. Look and listen closely when the different cuts of meat are pointed out.

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Care of meat in the home. The moist cut surface of meat is exposed to contact with hands, counters, and other sources of bacteria. No time should be lost after the meat has been brought into the kitchen in storing it uncovered, or with a loose paper covering in the coldest part of the refrigerator. Unless meat is frozen, it should be used soon after purchase. In general, the larger cuts of meat will spoil less rapidly than the smaller. Ground meat is more perishable than any other type.

COOKING MEAT

Tender cuts. The tenderness of a cut of meat is believed to be due to the amount of connective tissue in that cut. The less-exercised portions of the animal, such as the ribs and the portions under the backbone (the loin section) contain less connective tissue than cuts from the leg, neck, and shoulder. From the loin and rib sections of beef and veal, the tender roasts and steaks are cut. When the beef is top grade, chuck, round, and rump, may be sufficiently tender to be included in this group. On the other hand the most tender cuts of lamb are from the leg and of pork, from the shoulder and ham. These tender meats are best cooked by dry heat—a method which includes roasting, broiling, pan broiling, and frying.

Roasting. A roast is cooked in the oven, on a rack in an open pan without the addition of water. When cooked at a low to moderate temperature 300-350° F. the roast cooks uniformly, is juicy, and shrinks less than a roast that has been cooked at a high temperature. The time allotted for roasting a cut of meat depends upon the size, shape, weight, and kind of meat. The most efficient way to determine when a roast is done is to use a meat thermometer. Depending upon personal preference beef is cooked rare, medium, or well done. Pork, of course, must always be well done.

Oven thermometer for general use, meat thermometer for your roasts. Both are useful.

Taylor Instrument Company



CUTS OF MEAT SUITABLE FOR ROASTING

MEAT	CUT	DESCRIPTION OF CUT
Beef	Standing ribs	Cut from the rib section, large tender muscle called the "eye"
	Rolled ribs	Ribs boned, rolled, and tied
	Rump	Large muscles, usually boned and rolled
Veal	Leg	Solid meat, little bone and fat
	Loin	Large muscle on outer side and part of backbone and hipbone
	Shoulder (stuffed)	Cut from ribside of the shoulder; rib and blade bone removed to make pocket
	Breast	Layers of lean with moderate amount of fat; contains breast bone and rib bone
Lamb	Leg	Round bone of hind leg, surrounded by large muscles
	Shoulder (rolled)	Backbone, rib, and shoulder bones removed; rolled, and tied
	Shoulder (cushion)	Backbone, rib, and shoulder bones removed to make a pocket for stuffing
	Breast	Breastbones and rib ends removed to make a compact roll
Pork	Loin, center cut	Contains the backbone; one large muscle runs entire length of the roast
	Loin, shoulder end	Contains shoulder blade bone, large muscles, fibers in some muscles running in various directions
	Shoulder ham	Contains shoulder arm and shank bones; small muscles running in various directions
	Shoulder (cushion)	Cut from the shoulder; boned to make pocket for stuffing
	Pork butt	Cut from the shoulder; boned, rolled, and tied
	Fresh ham or leg	Round bone of the hind leg surrounded by large muscles
	Smoked ham	See fresh ham

APPROXIMATE ROASTING TIME FOR SOME CUTS OF MEAT

MINUTES PER POUND
18 to 20 at 300°F.
22 to 25 at 300°F.
30 to 35 at 300°F.
28 to 32 at 300°F.
32 to 38 at 300°F.
40 to 48 at 300°F.
22 to 25 at 300°F.
30 to 35 at 300°F.
30 to 35 at 300°F.
30 to 35 at 300°F.
40 to 45 at 300°F.
30 to 35 at 300°F.
25 to 28 at 300°F.
15 at 300°F.
30 to 35 at 350°F.
35 to 40 at 350°F.

ROAST STANDING RIBS OF BEEF

Assemble these utensils:

open roasting pan and rack meat thermometer (if available) cheesecloth or soft clean cloth platter

Assemble these supplies:

- a rib roast cut from the loin end or center of the rib of beef
- 1 tablespoon salt

Steps in preparation:

- 1. Set the regulator at 300° F. and preheat the oven for fifteen minutes.
- Estimate approximate time for roasting based on weight whether or not a meat thermometer is used.
- 3. Wipe the meat with a clean, damp cloth.
- 4. When a meat thermometer is used, insert it so that the center of the bulb extends to the center of the thickest muscle of meat, but does not touch any bone.
- 5. Rub the roast lightly with salt, if desired.
- 6. Place the roast fat side up on rack in the open roasting pan.
- 7. Do not cover the pan and do not add water.

- 8. Use a constant temperature throughout the roasting period.
- 9. Place on hot platter and serve.

A well-prepared roast has these qualities:

- a uniformly golden brown exterior,
- a slightly crisp, exterior fat,
- a plump, juicy appearance,
- no charred bones or fat,
- a tender texture.

ROAST-BEEF GRAVY

(Two cups of gravy)

Assemble these utensils: set measuring spoons measuring cup

jar

platter for roast

bowl

mixing spoon

Assemble these supplies:

- 3 tablespoons fat and drippings from roast
- 3 tablespoons flour
- 2 cups cold water or vegetable juice
- 1 teaspoon salt
- 1/8 teaspoon pepper

Steps in preparation:

- 1. When the roast is done, remove it to platter.
- Pour the fat and juices from the roasting pan carefully into a cup or container.
- 3. Measure 3 tablespoons of this and 3 tablespoons of flour into a bowl. Mix to a smooth paste and pour back into the unwashed roasting pan.
- 4. Place on the fire and cook, stirring constantly until a smooth, brown mixture is obtained. Add cold water or leftover vegetable juice. Season with salt and pepper.
- 5. Serve hot.

Courtesy of National Live Stock & Meat Board



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Broiling. The method used most often for steaks and chops is broiling. The best results are obtained when the cut is from one to two and one-half inches thick. The meat is placed on a broiler rack and exposed to direct heat. Meat cuts that are broiled slowly shrink less, are juicier, are more evenly cooked, and have a more uniformly browned exterior than those cuts broiled at a high temperature. A meat thermometer is an excellent guide for indicating the degree of doneness. Time for cooking depends on the thickness of the cut. When being broiled, meat needs turning only once, when there is a uniform brown color on the upper side. Each side is seasoned with salt and pepper

CUTS OF MEAT SUITABLE FOR BROILING

MEAT	CUT	DESCRIPTION OF CUT
Beef	Club steak	Cut from the short loin, one large muscle
	T-bone steak	Choice steak containing tenderloin muscle on inner side; T-shaped bone
	Porterhouse	Choice steak containing tender loin muscle on inner side; portion of T-shaped bone
	Round-bone sirloin	Cut from the loin end, tender meat with some bone and fat, large muscles, fibers in some of the muscles running diagonally
	Wedge-bone sirloin	Cut from loin end; tender meat with some bone and fat, large muscles, fibers in some of the muscles running diagonally; contains wedge-shaped bone
	Ground-beef patties	Meat from round, sirloin, or chuck
		Large muscle on outer side; contains some sections of the backbone
	Rib chop	Large muscle known as the "eye" and rib bone
	Shoulder chop	Shoulder arm bone; many muscles running in various directions
	Ground-meat patties	Ground meat from shank, breast, shoulder, and rump
Pork	Center ham slices	Contains round bone of hind leg, surrounded by large muscles
	Strips of bacon	Smoked pork side; alternate layers of lean and fat in nearly equal amounts
	Canadian bacon	The loin, boned, cured, and smoked

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(if desired) after it has been broiled. It is best to turn the meat with two spatulas or a turner to avoid piercing the meat with the prongs of a fork. Broiled meats lose some of their flavor qualities if permitted to cool before serving. Wait until the last family member has arrived home before starting the meat.

If space in the kitchen is available, the broiler door may be open. Although this is not a firmly established fact, there is some evidence that the flavor of meat is superior when broiled with the door open. This technique may also serve as a means of maintaining a moderate temperature in broilers which have no regulators.

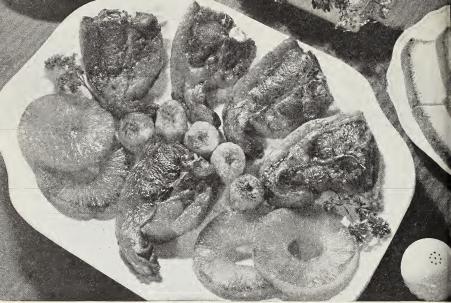
Handle frozen steaks and chops which have been thawed before cooking in the same way as those which have not been frozen. Frozen steaks and chops may be thawed in the broiler if the broiling time is increased from one and a half to two times.

APPROXIMATE BROILING TIME FOR SOME CUTS OF MEAT

CUT	THICKNESS	WEIGHT	TOTAL MINUTES TO COOK AT 350°F.
Beef			
Club Steak	1-1½ inches	1–1¼ pounds	15-301
Porterhouse Steak	1-1½ inches	2-21/2 pounds	20-351
T-bone Steak	$1-1\frac{1}{2}$ inches	$1\frac{1}{2}$ = 2 pounds	20-301
Sirloin Steak	1-2 inches	3-41/4 pounds	20-351
Ground Beef Patties		¼ pound	15–251
Lamb			
Chop	1-1½ inches	3-5 ounces	12-22
Ground Patty		4 ounces	18
Ham			
Slice, Untenderized	½-1 inch	1-2 pounds	20-30
Slice, Tenderized	½-1 inch	1–2 pounds	10-20
Bacon		1	3-5
Canadian Bacon			3–5
Organ Meats			
Liver	½-¾ inch	3–5 ounces	6

¹ The wide variation allows for rare or medium beef.

Pan broiling. This method is much like broiling. However, the meat is placed in a hot frying pan over the source of heat instead of under it. In pan broiling, the pan may be slightly oiled to prevent the meat from sticking. The meat is placed in the hot, uncovered pan and, when one side of the meat is browned, it is turned and browned on the other side. The meat needs to be turned several times for even cooking. Fat is poured off as it accumulates.



Courtesy of National Live Stock & Meat Board

BROILED LOIN LAMB CHOPS WITH PINEAPPLE SLICES

(Number served: 4)

Assemble these utensils:

broiling pan and rack pancake turner *or* food tongs cheesecloth *or* soft clean cloth platter

Assemble these supplies:

- 4 lamb chops 1½ inches thick cut from the loin of lamb
- 1 teaspoon salt few grains of pepper
- 4 slices pineapple

Steps in preparation:

- 1. Set regulator at 350° F. and preheat oven for fifteen minutes.
- 2. Wipe the meat with a clean, damp cloth.
- 3. Place meat on the rack of the broiler pan, a distance of two inches from the source of heat.
- 4. When half the cooking time is over and the surface is well browned, turn the meat, using tongs or pancake turner. Allow about 8 minutes for broiling each side of chop.
- 5. Place slices of fresh or canned pineapple underneath the rack on broiler.
- 6. When second side is well browned, remove chops and pineapple from the rack and pan and place on hot platter to serve.

A well-broiled chop has these qualities:

- a uniform, golden brown exterior,
- a plump, juicy appearance,
- no charred bones or fat, but crisp fat,
- a tender texture.

Frying. Sometimes certain tender cuts of meat are fried. They may be cooked in either added or accumulated drippings from the meat itself. When an amount of fat great enough to immerse the meat is used, the process is called *deep-fat frying*. The purpose of frying meat is to get a characteristic flavor and crispness. It puts a good brown surface on both sides of the meat. For best results the pan should not be covered.

BREADED VEAL CUTLETS

(Number served: 4)

Assemble these utensils:

wooden board sharp knife

cheesecloth or clean white cloth

1 bowl

2 deep dishes or pyrex piepans

1 frying pan with cover egg beater or fork

platter

Assemble these supplies:

1 egg

1 teaspoon milk

1 teaspoon salt

1/8 teaspoon pepper

1/4 cup flour

3/4 to 1 cup bread or cracker crumbs

veal cutlets about 1½ pounds which have been cut about ½ inch thick

2-4 tablespoons fat drippings or oil parsley

Steps in preparation:

- 1. Wipe veal cutlet with a damp cloth.
- 2. Cut meat into four uniform pieces.
- Add the milk to the egg in a bowl and beat well with fork or egg beater until mixed.
- 4. Mix the seasoning and flour in a deep dish.
- 5. Place crumbs in a deep dish or pan.
- 6. Heat the fat in the frying pan.
- Dredge the pieces of meat with the seasoned flour, dip in egg, and then in crumbs.
- 8. Place breaded veal in hot pan and cook slowly until a golden brown on under side. Turn and brown on other side.
- 9. Continue to cook slowly for 20 minutes, turning the cutlets several times. (To insure thorough cooking of the veal, a lid may be placed on the pan and removed for the last five minutes of cooking).
- 10. Serve hot on warm platter; garnish with parsley.

A well-prepared breaded-veal cutlet has these qualities:

- a crisp, golden brown, bread-crumb coating,
- a well-done but not stringy interior,
- a fluffy rather than shrunken appearance,
- a tender and juicy texture.

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Less tender cuts. The less tender cuts of meat can be very satisfactory when they are properly cooked by moist heat. This is done by adding liquid to the meat and covering the cooking utensils. The moist heat (steam) acts on the connective tissue and changes it to softer material. Methods of cooking the less tender cuts of meat include *braising* and *stewing*.

Braising is a popular method of cooking meat by the moist-heat principle. The less tender cuts of beef as well as certain cuts of veal, lamb, and pork are suitable for this method. Boned beef and veal rump are popular cuts for braising. Braising is sometimes called pot-roasting and the cooked cut, a pot roast. A pot roast is browned on all sides in just enough fat to keep it from sticking. A small amount of water, between one-half and one cup, is added and the whole tightly covered and simmered for as long a period as necessary to tenderize the meat. Different combinations of vegetables may be added. These should be put in from 40 to 50 minutes before the roast has finished cooking.

To braise the larger cuts of meat easily, it is desirable to have a heavy iron or steel kettle fitted with a cover. A trivet or a rack is useful to have to slip under the roast after it has browned. A trivet will keep the meat from stewing in its juices and keeps the cut juicy. A heavy iron frying pan outfitted with a cover is sufficient for braising the thinner cuts of meat.

CUTS OF MEAT SUITABLE FOR BRAISING

MEAT	CUT	DESCRIPTION OF CUT
Beef	Brisket Chuck (all cuts) Short ribs Flank steak	Portion under chuck with layers of fat and much bone Consists of blade section of five ribs Rib ends A thin, triangular, almost boneless cut, coarse in grain
Veal	Breast Loin chop Rib chop Shoulder chop Cutlet	Long, thin strips of rather coarse meat Large muscle on outer side and some sections of the back- bone Large muscle known as the "eye" and rib bone Many muscles running in various directions Large muscles with little fat, contains round bone
Pork	Loin chop Rib chop	Large muscle on outer side and some sections of the back- bone Large muscle known as the "eye" and rib bone
Lamb	Breast Shank	Long, thin layers of lean meat with much fat, often boned to make a pocket for stuffing Leg bones with small amount of lean meat

POT ROAST

(Number served: 6-8)

Assemble these utensils:

a Dutch oven or a heavy kettle with a tight-fitting cover.

trivet or rack .

knife

meat fork

clean cheesecloth or other soft cloth

measuring cup

measuring spoons

Steps in preparation:

Assemble these supplies:

4 pound piece of rump or round beef

1 teaspoon salt

2 to 3 tablespoons fat

drippings or a piece of fat cut from the meat

½ to 1 cup water

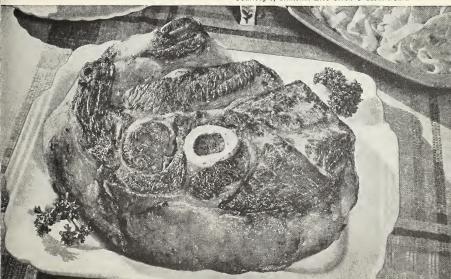
1 onion

- 1. Wipe meat with a damp cloth.
- 2. Place fat or drippings in heavy kettle and heat.
- Place the meat in the kettle and brown on all sides, seasoning meat as it is browned.
- 4. Place a rack under the meat after it is completely browned.
- 5. Add a small amount of water if desired. Pot roasts look better and have better flavor when the amount of water added is kept at a minimum.
- 6. Peel and add onion.
- 7. Simmer slowly over low heat for 3 or 4 hours until tender.
- 8. Serve hot. Make gravy from liquid and fat in kettle if desired.

A well-prepared pot roast has these qualities:

- a well-browned exterior,
- a plump, juicy appearance,
- a tender, but not overcooked and stringy texture.

Courtesu of National Live Stock & Meat Board





Courtesy of National Live Stock & Meat Board

This picture shows a variation of the recipe given below.

BRAISED HEART

(Number served: 4)

Assemble these utensils:

frying pan casserole dish wooden board sharp knife measuring spoons measuring cup

paper towels

Assemble these supplies:

- 3 pork, lamb, or veal hearts (medium sized)
- 2 tablespoons fat drippings or oil
- 1 bay leaf
- 2 cloves
- 1 onion
- ½ cup flour
 - 1 teaspoon salt
- ½ cup water

- 1. Wash and clean the hearts, removing all fat, sinews, clots, and gristle.
- 2. Cut the meat in strips and dry on paper towels.
- 3. Mix flour and salt and dredge the pieces of meat.
- 4. Heat fat in frying pan and, when hot, place meat in pan to brown.
- 5. Set oven at 325°F.
- Remove meat and juices to baking dish. Slice onion over top and add water, cloves, and bayleaf.
- 7. Cover and cook for one and one-half hours. Serve hot from casserole.

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Stewing. The less tender cuts of meat used for stews and soups as well as highly flavored meats, corned beef, smoked tongue, and cured pork are cooked in water. The cuts of meat most suitable for making stew are beef neck, shank, and chuck; veal and lamb breast and shank are also good. For stew, the meat should be cut into cubes one inch to one and a half inches in size. The pieces may be dredged with flour and browned before the meat is simmered. Then it is covered with water and simmered until tender. Vegetables of various kinds can be added to the meat to improve the flavor of the gravy. If the vegetables are held back until the last part of the cooking period, the colorful ones will retain their color and enhance the appearance of the stew.

A well-prepared stew is a dish that most of us are likely to place high on our list of favorite foods. Tender pieces of meat free from excess fat and gristle, combined with suitable vegetables of good shape, form, and color, served with a gravy that is just the right consistency, is the kind of a dish that we become homesick for when we eat meals away from home for a while.

BEEF STEW (Number served: 4)

Assemble these utensils:

heavy kettle with a tight-fitting cover meat fork

wooden board sharp knife

measuring cups

measuring spoons cheesecloth or clean white cloth

warm dish

Assemble these supplies:

- 1 pound of beef from the neck, flank, shank, chuck or round
- 4 medium-sized potatoes
- 4 carrots cut in strips
- 2 medium-sized turnips cut in strips
- 1 cup tomatoes
- ½ to 1 cup water
 - 2 tablespoons fat drippings or a piece of fat cut from the meat

1-2 teaspoons salt

Steps in preparation:

- 1. Wipe the meat with a damp cloth.
- 2. Cut the meat into 1½ inch cubes.
- 3. Measure fat into the pan and heat; brown meat in hot fat.
- 4. Add enough hot water to cover meat and simmer until it is tender. (This will take about 2 hours)
- 5. Add vegetables during the last thirty minutes of cooking.
- 6. Remove with a meat fork to warm dish and serve hot.

A well-cooked stew has these qualities:

well-browned meat,

plump, tender, and juicy meat, not overcooked and stringy,

firm but well-cooked vegetables,

a smooth gravy of pouring consistency.

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Cured meats. Cured meat, too, is cooked in water. Common salt is the basis of all cures and brown sugar is frequently used for flavor. Some cured meats are also smoked, for example, sugar-cured ham, which is often smoked also for additional flavor. Soaking is sometimes necessary depending upon the previous treatment. Corned beef is a popular cured meat. It is covered with unsalted water and simmered until the meat is tender. Smoked meats such as ham, picnic, and cottage butt, and tongue can also be handled in this manner. Precooked hams are prepared for baking and are so marked on the wrappings.

CUTS COMMONLY CURED

BEEF	PORK
Plate Brisket Flank Rump Tongue	Ham Shoulder Sides and bellies (bacon) Boneless loins (Canadian bacon)

Frozen meats. There is a large amount of frozen meat sold in the United States and, for the most part, it is of excellent quality. Packages of frozen meats come labelled with the exact amount, cut, and kind of meat. The very busy homemaker might well take advantage of this convenience, if the food budget will allow it.

It is not necessary to defrost frozen meats previous to cooking. When meat is started in the frozen state, the cooking time is increased from 2–4 times the time allowed for the unfrozen meat in order to take care of both thawing and cooking. If you do defrost the meat before cooking (and some people think the results are slightly better if it is defrosted first) it should be cooked as soon as it is thawed and never, under any conditions, be refrozen. Meats may be defrosted by immersing them in hot water or by letting them thaw out at room temperature. The former method is by far the fastest, but should not be used if the muscles of the meat have been cut. Once the meat has been defrosted, the methods of preparing it are the same as for fresh meat.

READY-TO-EAT-MEATS

Ready-to-eat meats such as boiled ham, pressed ham, and corned beef are relatively high in cost. A busy homemaker may feel that the time she saves in their preparation justifies the extra expenditure of money for meat that is already cooked. It would be well before making such a purchase to compare the cost of the ready-to-eat meat with the cost of the meat in the raw state. In some instances, the cost is as much as three times as great as for the prepared meat. The prepared meats of the sausage variety such as liverwurst, bolognas, and frankfurters are not so expensive, but much cereal is used in the making of these products and they cannot be considered all meat.

SERVING AND CARVING MEAT

In selecting the meat dish for a meal, it should be kept in mind that broiled meats need exact timing and cannot be kept waiting. Fried meats, too, dry out if allowed to stand. Stewed or braised meats are not so exacting and can be kept warm for some time before serving, but care must be taken not to overcook the meat.

To be thoroughly appreciated, a hot meat dish must always be served hot. Pre-heating the meat platter in the warming oven will be of considerable help. Exact timing is necessary when broiled meats are to be served.

A well-chosen garnish adds color and flavor to the meat dish. The old familiar garnishes such as applesauce with pork, mint jelly with lamb, and pineapple with ham are excellent, but from a planning standpoint, it is good to know several garnishes for a meat dish so as to add variety to the family's menus. A few are suggested here:

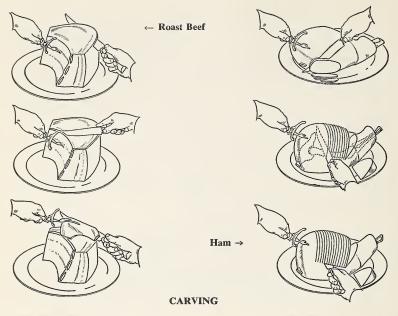
GARNISHES FOR MEAT

GARNISH	HOW PREPARED	
Broiled Orange Slices	Wash oranges and cut crosswise into slices about ½ inch thick. Sprinkle ¼ teaspoon ground clove and ½ teaspoon of brown sugar over the surface, broil and serve with ham, duck or sausage.	
Broiled Bananas	Peel bananas and cut lengthwise down the center. Roll in lemon juice and broil until brown. Serve with ham slices and strips of bacon.	
Green-Gage Plums	Heat canned green-gage plums studded with cloves in their own juices. Serve with braised pork chops or pot roast.	
Sautéed Olives	Drain liquid off large stuffed olives. Sauté in fat. Serve with broiled lamb chops.	
Cranberry Sauce	Cook 2 cups cranberries in ½ cup water until cranberries burst. Add 1 cup sugar and boil for an additional 10 minutes, stirring constantly. Strain off foam, mold, and chill. Serve with lamb or poultry.	

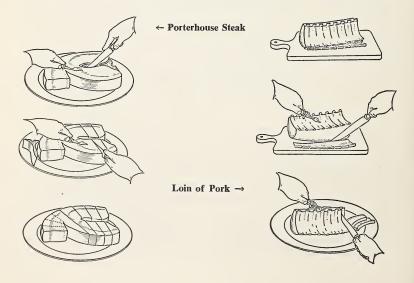
Carving comes under the head of dinner duties performed by the host. Many men carve well and take great pride in this accomplishment. However, when the man in the family does not enjoy carving, the meat or poultry may be carved in the kitchen and sent to the table already cut. Carving is not difficult although it does look so. If you can persuade big brother to carve, he will some day take great pride in his skill and be grateful to you.

There are only a few tools required for carving but these must be better than average. The knife must be razor sharp and a fork is needed. The third requisite is a platter which is large enough to hold the roast as well as the carved meat or a second platter for the slices.

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Roast beef presents few carving problems. The ends of the rib bones should point toward the carver. With ham, cut off a few slices to make a flat resting-place for the ham. Remove the bone from steak, then cut the meat so that all may share the tenderest parts. Cut the backbone away from loin of pork, then slice between the ribs.



SUMMARY

- 1. Meat is the flesh of mammals. The most commonly used meats in this country are beef, veal, mutton, lamb, and pork.
- 2. Meat is made up of muscles, fat, connective tissue, and bone. The muscle tissue is called "lean."
- 3. The organ meats are especially desirable for their nutritive value.
- 4. The federal government inspects all meat that passes into interstate commerce to make sure that it is fit for consumption.
- After being purchased, meat should be wiped and placed uncovered or loosely covered in the coldest portion of the refrigerator. Cooked meat should always be covered when stored.
- 6. Meat is divided into tender and less tender cuts depending on the part of the carcass from which it comes. The less-tender cuts of meat are generally less expensive but are comparable in food value to the expensive ones.
- **7.** The tender cuts of meat are prepared by dry-heat methods. These are broiling, pan broiling, roasting, and frying.
- 8. The less-tender cuts are best prepared by methods that employ moist heat. These are stewing, braising, and pot-roasting.

ACTIVITIES

1. Plan:

- a. dinner menus which could be prepared in one-half hour; in one hour.
 Prepare time schedules for the preparation of the menus.
- b. a visit to a meat market to observe the characteristics of beef, pork, lamb, and mutton. Keep learning what to look for in buying meat.
- Compare the cost of buying a roast of beef or of lamb that could be served in several different ways with the cost of serving chops or other quickly cooked meats.

3. Prepare:

- a. and serve simple, well-planned dinners in the class groups. Some groups may use tender cuts of meats while other groups prepare the less-tender cuts. Estimate the costs of the meals and compare them for nutritive value and palatability.
- b. a roast in class. Use the leftover meat on succeeding days in meat pies, casseroles, hash, meat cakes, or in other ways as main dishes.
- c. organ meats in class so that they are appetizing. Repeat the most tempting dishes in meals at home.
- 4. Demonstrate the time saving when using a pressure cooker.
- **5. Collect** five recipes from current magazines or papers suggesting economical ways to prepare meat.

PART 3

POULTRY

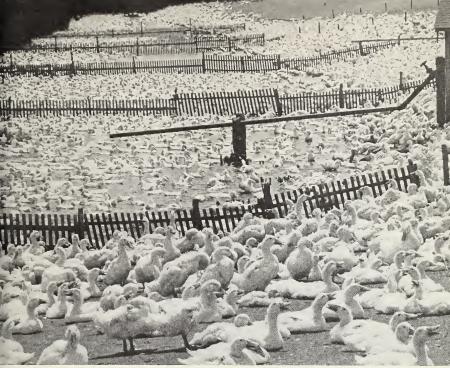
Birds have long been domesticated. In the days of ancient Greece and Rome, cocks were raised but were used only for cockfighting. Pictures indicate that wild turkeys were found in Greece and Egypt but they were a curiosity and not used as food. However, capons were prepared for the epicures and fatted hens were the chief food at all feasts and ceremonials. Ducks, guinea hens, peacocks, and pigeons were also eaten and goslings were prized.

The term "poultry" covers chicken, turkey, duck, goose, squab, pheasant and guinea hen. Turkey is a typically American bird and has been popular since the days of the pilgrim father—although the turkeys we get today hardly resemble the wild turkeys they knew, the breed has been so improved. The various kinds of poultry can be used interchangeably on the menu from the point of view of nutrition and are the alternates of meat and fish.

Markets sell poultry alive, freshly killed, and frozen. Freshly killed poultry may be *dressed*, *drawn*, or *in parts*. If a chicken is dressed, the feathers have been removed, but the head, feet, and entrails remain. If it is drawn, the feathers and entrails have been removed, and in most parts of the country, the head and feet as well. Chicken parts are cut in serving-sized pieces and are ready to cook. In order to compare prices per pound at different stores, you must know how the chicken is prepared. When it is dressed it loses about 15 per cent of its live weight. Drawing losses are another 20 per cent. When it is cooked it may lose an additional 20 per cent. In other words, the edible portion of chicken is less than 50 per cent of the live weight. The losses for duck and geese run even higher. The most economical poultry buy is usually the roasting chicken.

Market grades are Fancy, Choice, Standard, U.S. Special, and U.S. Choice or Grade B in descending order. Signs of quality are: a clean skin with few pinfeathers and no bruises or discoloration; a plump body with well-fleshed breast and legs; streaks of fat under the skin on breasts and legs (fat increases with age); and a compact shape with a broad breast and a short body. If the bird is frozen, it should be frozen hard. One person can easily eat ¼ to ½ a broiled chicken, ½ to 1 pound of fried chicken and ½ to ¾ pound roasted fowl—dressed and drawn weight.

Poultry spoils very quickly unless it is properly stored. After being brought home from the market, it should be unwrapped as quickly as possible and



Ewing Galloway

Most poultry is raised for the market on specialized farms under ideal conditions. Long Island, New York, where this picture was taken, is recognized as the duck center. Duck is quite different from chicken in bone structure and its meat is richer. For this reason it is best roasted with apples or onions in the body cavity instead of stuffing. Rice and tart fruit garnishes are ideal accompaniments. What is left on the platter after all the duck has been carved makes a very good base for French onion soup.

wiped off with a damp cloth. Then it should be lightly covered with waxed paper, placed in a shallow utensil, and stored in a cold part of the refrigerator near the freezing unit or ice. Cooked poultry should be cooled as quickly as possible, covered to prevent drying, and refrigerated. Removing the bones saves space. Frozen poultry must be kept in the freezing unit until it is thawed for cooking.

All recent findings show that a low cooking temperature is preferable to a high one for producing tender, juicy meat. Young poultry can be cooked with dry heat. They may be broiled, fried, or roasted in order of increasing age. Older, less tender fowls are best cooked by moist heat. They may be fricasseed (braised), stewed, or steamed. It is important to choose the right bird for the right cooking process as a chicken which would be perfect for fricassee would be inedible if broiled.

Leftover poultry presents no problems since there are dozens of appetizing dishes that may be easily and quickly prepared with it, such as casseroles, pies, salads, loaves, soufflés, croquettes, and hash.

FRIED CHICKEN

(Number served: 4)

There are many varieties of fried chicken depending upon the coating given it, but there is one rule which is common to all: Chicken is browned at a high temperature for a short time and then cooked at a lower temperature to finish.

Assemble these utensils:

measuring cups
measuring spoons
sharp knife
cutting board
frying pan with cover
tongs or two spoons for turning
pan for flouring; pan for crumbs
small bowl for beaten egg
fork
thermometer (desirable)
paper towels or brown paper

Assemble these supplies:

1 fryer 1 egg water fat

½ cup sifted crumbs

½ cup flour1 teaspoon salt

Steps in preparation:

- Cut chicken in pieces: 2 wings, 2 drumsticks, 2 thighs, 2 divided pieces of back, 2 pieces of breast, and one neck. Remove ribs if desired. Clean carefully.
- 2. Flour each piece. Use teaspoon salt to ½ cup flour.
- Beat the egg with a fork, add 2 tablespoons water. Dip chicken in egg mixture.
- 4. Roll the dipped chicken in the crumbs.
- 5. Heat 1 inch or more of fat to 350°F. in a heavy frying pan.
- 6. Place several pieces of chicken in the fat, but do not crowd them.
- When the chicken is well browned, lower the fire and cover the pan. Turn for even browning.
- 8. In about 30 minutes, test to see if the chicken is tender. It is when the thigh can be easily pierced with a fork.
- 9. Drain on brown paper or paper towels to remove any excess fat.
- 10. Serve on a heated platter.

An alternate method to step 7 is to transfer the well-browned chicken to a covered utensil and to place it in a 325°F. oven. Keep in the oven for 30 minutes and remove the cover for the last 10 minutes for a crisp crust.

Good fried chicken has these qualities:

a well-done tenderness, delicate, juicy meat, a crisp, golden-brown crust, fat well-drained from surface, appropriate serving pieces.



U.S. Bureau of Human Nutrition & Home Economics

Fried chicken on the platter, cream gravy in the sauce-boat.

CREAM GRAVY FOR FRIED CHICKEN

Assemble these utensils:

frying pan measuring cup measuring spoon wooden spoon Assemble these supplies:

drippings from chicken flour

1 cup cream (not milk) salt pepper

- 1. Measure drippings or the fried bits remaining in pan.
- 2. Add an equal amount of flour to the drippings. Blend the two carefully as for white sauce.
- 3. When well-blended, add the cream and cook until thickened.
- 4. Season with salt and pepper. Serve very hot.



U.S. Bureau of Human Nutrition & Home Economics_

Always start broiling with the skin away from the heat.

BROILED CHICKEN

(Number served: 4)

This becomes barbecued chicken if a highly seasoned sauce is used for basting.

Assemble these utensils:

sharp knife broiling pan and rack small brush for fat small container for fat serving platter cheesecloth Assemble these supplies:

- 2 broilers
- 4 tablespoons fat
 - san
 - pepper
 - parsley (optional)

- Select young chickens and have them split down the center back and front.
- 2. Set the oven at 350° F.
- 3. Break the joints and remove the tips of wings to make serving easier.
- 4. Wash and carefully dry the chicken.
- 5. Brush generously with melted fat and sprinkle with salt and pepper.
- 6. Place skin-side down on a greased rack in the broiler, 3 or 4 inches below flame.
- 7. Broil until brown which should take about 20 minutes and then turn.
- 8. Season skin side, baste with fat, and broil for about 20 minutes.
- 9. Test to see if done by cutting into the thigh which should be tender. No pink juices should appear.
- 10. Serve very hot on a heated platter. Pour drippings over the chicken.
- 11. Garnish with parsley, if desired, and serve immediately.

Good broiled chicken has these qualities:

both sides delicately browned,

a tender, slightly moist texture,

a delicate flavor,

a convenient serving size.

ROAST CHICKEN

(Number served: 6)

A young well-fattened fowl is right for roasting. Stuffing and gravy make excellent accompaniments.

Assemble these utensils:

skewers and cord or needle and thread

open roasting pan rack for roasting spoon for basting Assemble these supplies:

4- or 5-pound chicken stuffing (recipe follows)

butter substitute

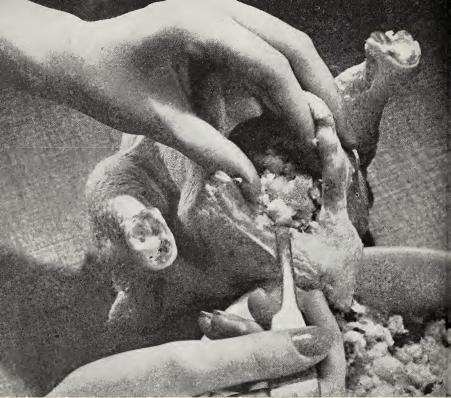
Steps in preparation:

- 1. Set the oven at 325°F. to 350°F.
- Check carefully to see that the chicken is cleaned. Rub the inside with salt.
- Grasp one wing tip, lift the wing up and out. Bend it back so that it will lie flat on the back of the chicken. Do the same with the other wing.
- 4. Tuck the neck under a wing.
- 5. Fill the cavity with stuffing to about ¾ of its capacity.
- Insert poultry skewers and lace up opening or sew with needle and thread.
- 7. Fasten the cord to one leg, pull both legs close to the body, and tie.
- 8. Place bird on a rack, breast down.
- 9. Allow about 35 minutes per pound of dressed weight. When about half done, turn breast up and continue cooking the required time.
- Baste with drippings several times. The thigh joint moves easily when done.
- 11. Serve hot with stuffing and gravy.

If you were roasting a turkey instead of a chicken, you would allow 18 to 25 minutes per pound, using the longer time for a smaller turkey.

A good roast chicken has these qualities:

- a tender texture,
- a juicy breast,
- a beautifully browned skin,
- a well-seasoned, interesting stuffing,
- a rich, well-made gravy,
- an easy carving texture.



Family Circle Magazine

Put the stuffing in gently, pack lightly.

STUFFING FOR ROAST CHICKEN

Assemble these utensils:

mixing bowl

measuring spoon

measuring cup

frying pan

fork

knife

cutting board

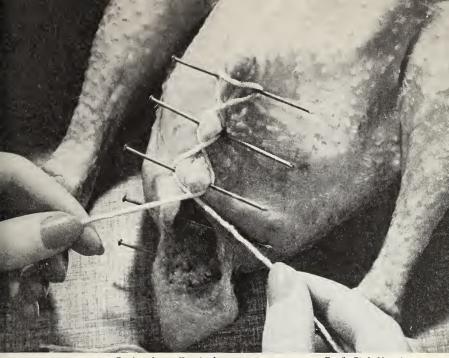
Assemble these supplies:

- 2 cups bread crumbs or cubes
- 1/4 small onion, minced, optional
- 1 cup chopped celery
- ½ teaspoon salt
- 1/4 teaspoon thyme or marjoram, optional
- 1/3 cup butter substitute

Steps in preparation:

- 1. In a mixing bowl place the bread crumbs or cubes, onion, and chopped celery, salt and thyme or marjoram. Mix well.
- 2. Add the melted butter substitute slowly and blend well with a fork. Toss lightly.
- 3. Place in a frying pan and sauté until lightly browned.

To estimate the amount of stuffing needed for any fowl allow 3/4 to 1 cup of stuffing for each pound of dressed fowl. Stuffing swells and should pack lightly into the cavity.



Lacing the stuffing in ↑ Family Circle Magazine ↓ Ready for the oven



GRAVY FOR ROAST CHICKEN

Assemble these utensils:

measuring spoons measuring cup heavy pan wooden spoon Assemble these supplies:

4 tablespoons drippings

4 tablespoons flour

2 cups chicken stock or water salt

pepper

Steps in preparation:

 Measure the drippings and place in the roaster pan or a frying pan. Add the flour and brown slightly.

Stir constantly. When well-blended add the chicken stock and cook over a low fire for 5 minutes.

3. Season with salt and pepper.

4. Serve very hot.

CHICKEN FRICASSEE

(Number served: 4)

This dish combines browning and steaming and develops tender meat and rich flavors. It is used for fowl up to $1\frac{1}{2}$ years old that are past their prime for roasting and not yet in the class that needs continued tenderizing. A similar method is stuffing and braising whole.

Assemble these utensils:

knife cutting board

Dutch oven or frying pan and covered casserole

sifter

can opener (if needed) measuring spoons

measuring cup

fork

Assemble these supplies:

4-pound fowl ½ cup flour

3 teaspoons salt

½ teaspoon paprika4 tablespoons fat

1 cup water or tomato juice

Steps in preparation:

1. Cut up the fowl into serving pieces as for frying.

2. Either set the oven at 325°F. for casserole or plan to simmer on top of the stove in a Dutch oven.

3. Dredge pieces of chicken in flour that has been sifted with the salt and paprika.

4. Brown the chicken in hot fat slowly. This will take 25 minutes.

5. If you are using a frying pan and casserole, transfer the fowl to the casserole and add ½ cup water or tomato juice.

6. Place in the oven and cook at low temperature for about 2 hours. If using the Dutch oven add the ½ cup liquid and cook at a low temperature on top of the stove for the same time.

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7. Remove the top of the Dutch oven away from you to prevent a steam burn. Add the remaining liquids in small amounts.

8. Test to see if done by sticking the fork in the thickest part of the thigh. The chicken is done if the fork goes in easily.

9. Prepare dumplings, if desired.

10. Remove the chicken from the liquid and keep in a warm place while preparing the gravy. Use the recipe for gravy for roast chicken.

11. Serve hot.

Good fricasseed chicken has these qualities:
well-browned pieces,
a delicious flavor,
tender meat,
a rich, brown gravy,
accompanying vegetables or dumplings.

DUMPLINGS

(Number served: 4)

Fluffy, light-as-a-feather dumplings can be made easily if a few simple rules are followed and they are a perfect accompaniment to chicken fricassee and braised fowl. These dumplings may be prepared plain or with added seasonings such as caraway seed, chopped onion, or chopped celery. They are sometimes prepared with cornmeal.

Assemble these utensils:

measuring spoon measuring cup mixing bowl sifter

wooden spoon for mixing teaspoon for dropping dumplings

Assemble these supplies:

1½ cups flour
½ teaspoon salt

3 teaspoons baking powder

3/4 cup milk

3 tablespoons melted fat 1/3 cup parsley, chopped

water (boiling)

- 1. Sift the dry ingredients—flour, salt, and baking powder—2 times. In this particular recipe 2 siftings are necessary to insure proper mixing since the proportion of baking powder is unusually high.
- 2. Combine the milk and the melted fat.
- 3. Make a hole in the flour in the mixing bowl; add the milk-fat mixture and the chopped parsley.
- 4. Mix only until the flour is moistened.
- Add another cup of boiling water to the liquid in which the chicken has been cooked, bring to a boil.
- 6. Drop dumpling from the teaspoon onto the chicken so that the dumplings do not touch the liquid.
- 7. Cover tightly, steam 12 minutes, without lifting the cover so that the dumplings will have a light texture.



Poultry and Egg National Board

Use stalks of celery, sprigs of parsley, and spices to add zest to stewed fowl.

STEWED CHICKEN

This method is for an older fowl weighing about 5 pounds and needing a long cooking period to soften its connective tissues. The cooking time is about the same whether it is cooked whole or in parts. As an alternate method, a fowl of this type may be steamed in a covered kettle on a rack which holds it above the water level. Whichever way it is cooked it may be creamed or used in a salad or casserole.

Assemble these utensils:

kettle
large covered pot
sharp knife (optional)
cutting board (optional)
fork
measuring spoon

Assemble these supplies:

5-pound fowl water to cover

2 teaspoons salt

1 stalk celery

1 clove few peppercorns

sprig of parsley

- 1. Wash and inspect the drawn fowl.
- 2. Cut it in pieces if you wish.
- 3. Place the chicken carefully in a pot which has a tight-fitting lid.
- 4. Cover with boiling water, add salt, and the desired seasoning as listed.
- 5. Cover carefully, heat to a boil, and immediately lower the flame to a gentle simmer. Cook from 2 to 4 hours depending upon size of bird.
- 6. Use the fork to see if the thigh is tender. Then remove from flame.

INDIVIDUAL CHICKEN PIES (Number served: 6)

This is an example of the use of stewed chicken.

Assemble these utensils:

measuring cup

measuring spoons

sauce pan

6 deep-dish pie dishes (9½ ounce size)

Assemble these supplies:

½ cup flour

1 teaspoon salt

1 cup cold chicken stock

1 cup hot chicken stock

34 cup cooked peas

3/4 cup diced celery onions, optional

2½ cups chicken, cut in pieces

1 recipe pie crust parsley for garnish

Steps in preparation:

1. Set the oven at 425°F.

- Prepare a white sauce by mixing together the flour and the salt, add the cold chicken stock to form a smooth paste. Add to the hot chicken stock carefully and cook for 10 minutes. Stir constantly so that the sauce will be smooth.
- 3. Add the peas and the celery, cook for 10 minutes.
- 4. Parboil the onions for about 10 minutes. Arrange the onions and chicken in the heat-proof dishes. Withhold onions from the pies, if all do not care for that addition.
- 5. Pour the chicken stock, peas, and celery over the chicken and onions.
- 6. Prepare a pie crust and roll 1/8-inch thick. Cut six circles about 1/4 inch larger than the top of the dishes. Cut slits in the crust to let steam out.
- 7. Place the circles over the chicken filling. Press edges of crust firmly against the inside of the dish.
- 8. Bake for about 25 minutes. Serve very hot. Garnish with parsley.

Individual biscuit toppings may be used. Place on pies after baking.

Poultry and Egg National Board





A sharp knife is essential for carving.



First the leg and wing . . .



... then the breast.

Series from Monkmeyer

SUMMARY

- 1. The term "poultry" includes chicken, turkey, duck, goose, squab, pheasant, and guinea fowl.
- Markets sell poultry alive, freshly killed, and frozen. Freshly killed poultry may be dressed, drawn, or in parts. Some markets specialize in chicken cut-in-parts.
- 3. Signs of good quality are a clean skin, a plump body, a broad breast, and no discolorations.
- 4. Uncooked and cooked poultry spoils quickly unless properly stored.
- 5. A low temperature of 325°F. or 350°F is best for cooking poultry.
- 6. Dry heat is used for tender, young poultry. Broiling, frying, and roasting are popular methods.
- 7. Moist heat is used for less tender, older fowls. Braising, stewing, and steaming are popular methods.
- 8. Dumplings, stuffings, and gravy are excellent with fowl.

ACTIVITIES

1. **Discuss** the points to consider in selecting poultry depending upon the way it is to be used in cooking.

2. Demonstrate:

- a. the cleaning and preparation of poultry for cooking. It is desirable that this be practiced until you feel secure in doing it.
- b. the proper storage of cooked and uncooked poultry.

3. Describe:

- a. popular methods of preparing and serving roasted chicken or turkey;
 braised chicken; broiled chicken; and fried chicken.
- b. the qualities of each of the above-mentioned poultry.

4. List:

- a. vegetables and accompaniments which are especially desirable with poultry.
- b. the various uses for leftover cooked poultry.
- 5. Compare the cost and quality of poultry sold in the following forms: frozen, canned, and ready to serve.



The first step from the sea to the table.

General Seafoods Corporation

PART 4 FISH

In Rome during the reign of Domitian (81–96 A.D.), the senate was called together for a decision as to how to cook a certain enormous fish whole. The solution was a pan and stove made large enough to fit the fish. Fish was so popular that artificial lakes were stocked with them so that this food would be available daily.

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Fishing was the first American industry. Modern fisheries supply us with more than 3½ billion pounds annually. Modern transportation and excellent refrigeration have made fish obtainable at a moderate cost—a boon to budget—minded nutritionists since besides being a complete protein food, fish supplies us with minerals such as iodine, iron, calcium, and copper. All fish contain the B-complex group and the fatter fish contain vitamins A and D.

There are more than a hundred varieties of fish, not including shellfish, that are commonly used for food. The two big classifications are salt-water and fresh-water fish. Some popular ones from the sea are salmon, haddock, snapper, bluefish, cod, shad, flounder, swordfish, herring, tuna, and halibut. Some well-known lake or stream fish are perch, bass, trout, pickerel, carp, catfish, sunfish, and whitefish. Shellfish are again broken into two classifications: mollusks, such as oysters, clams, and scallops; and crustaceans such as lobster, crab, and shrimp.

BUYING FISH

These various kinds of fish and seafood are available in several forms in the market. They may be bought fresh, frozen, canned and sometimes dried, salted, and smoked. When buying fresh fish it is important to buy from a

Whole Fish 1 pound serves 1 to 2 Pillets 1 pound serves 3 I pound serves 2

Fish and Wildlife Service, U.S. Department of the Interior

reliable dealer since fish is a highly perishable food unless properly handled. Plan to buy fresh fish the day you use it. If this is not possible, freeze it in the freezing unit and keep it frozen. Learn to recognize the characteristics of fresh fish which are: a firm and elastic flesh, full and bulging eyes, reddish-colored gills, scales that cling tightly, and a fresh smell.

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Frozen fish may be used interchangeably with fresh fish. The same amounts are purchased as for fresh fillets, that is, one third of a pound per person to be served. This fish should be stored in parchment or in cellophane in the freezing unit and remain solidly frozen until time to thaw for cooking. It will thaw at a temperature of 40°F in the refrigerator, but, of course, takes a much longer time than at room temperature. Some kinds of frozen fish need only partial thawing before beginning to cook. The directions are given on the package. If fish is to be breaded for frying it must be thoroughly thawed.

Canned fish are easily stored and inexpensive. Salmon is the most popular variety. There are five grades: Chinook, red or sockeye, cahoe, pink, and chum. Tuna and sardines are other staple canned fish. The grades of tuna are fancy white meat, standard, grated or shredded, and flakes. Sardines are imported from several countries and are packed in olive oil, tomato paste, or mustard sauce. In addition to these staples mackerel, cod, herring, fish balls, fish chowder, crab, lobster, clams are canned. Canned fish are ready for casseroles, creamed dishes, salads, and sandwiches and should be prominent on the "unexpected guest" shelf.

Fresh shellfish spoil very rapidly and must be selected with care. Lobsters (except for frozen lobster tails) and crabs should always be bought alive. In some southern states shrimp (which are green when living) also must be sold alive. Shellfish should be well-iced. Oysters and clams may be purchased in the shell or shucked. Avoid unclamped shells! Scallops are the edible muscle cut from a shell. They should be odorless, clean, and creamy-colored.

AMOUNT OF SHELLFISH TO BUY

AMOUNT	SERVES
1 Pound Shrimp	3 (when combined with other food)
1 Pound Lobster	1
1 Pint Oysters or Scallops	3
6 to 12 Clams	1

PREPARING FISH

Cleaning fish. The homemaker usually buys her fish cleaned and dressed at the market, but there are amateur fishermen who catch fish occasionally. Therefore, it is desirable to have some information about cleaning them. Wear a pair of canvas gloves if you have them. If not, dip your hands in salt before you handle the fish so that it will not slip and slide. Place the fish on the table and hold it firmly by the head with one hand. With the other hand, scrape the scales with a blunt knife working from tail to head. This is more easily done if the fish is first soaked in cold water.

The next step is to cut a slit in the belly so that the entrails can be removed. Cut off the head and tail and remove the blood line. Then wash under running water. It is a good practice to wash fish in slightly salted water so that too much of the flavor is not lost. If the fish must be skinned, dip it in boiling



Harrison from Monkmeyer

water for a few minutes in order to loosen the skin. Cut a strip along the spine. Start at the gills with a sharp knife, then give the skin a pull. Remove the other side in the same way.

After you have finished, rub both hands and utensils with moistened salt to remove odors before you apply any soap. Also rinse in salt and warm water before putting them in the regular dish water. Save lemon rinds to use on your hands in order to remove any remaining fish odors from them.

Cooking and serving fish. The popularity of fish in any household depends upon the cook's ability to prepare it well and on her imagination for sauces and accompaniments. Fish cookery is simpler and quicker than meat cookery. It differs in that the problem is not to tenderize the muscle, but to develop flavor without drying out the fish. Too long a cooking time and too high a temperature cause the fish to fall to pieces. Fish is more frequently overcooked than undercooked, for it does not stand the abuse of too much heat. When done, the fish loses its semi-transparent look. It develops a pearly-white color and separates from the bone easily. The oozing protein becomes cream-colored. Just at this point it is moist and flavorful and should be served immediately.

Fat fish such as king mackerel, butterfish, lake trout, salmon, tuna, blue-fish, shad, and herring are dark-fleshed and are best when broiled or baked.

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Lean white-fleshed fish such as cod, flounder, red snapper, sea bass, and whiting are especially delicious when poached, steamed, or fried.

Garnishes and sauces add to the appearance, color, and flavor of fish and shellfish. Seafood seems to need a special accent. Good garnishes are: beets, carrots (sticks, curls, or shredded), celery, sliced cucumbers, green pepper rings, hard-cooked eggs, parsley, lemon, lettuce, paprika, pickles, and watercress. Sauces that are especially well suited are: butter, Hollandaise, tomato, chili, tartar, lemon and butter, mayonnaise, and egg and olive.

Green salads are a "must" for fish. Tossed salads, cole slaws, cucumber salads, tomato combinations, assorted raw vegetables, grated carrots, and onion and orange salad are especially good if served with a tart dressing.

BAKED STUFFED FISH

(Number served: 4)

Whole fish or fish steaks weighing 3 pounds or more can be baked. Lean fish are larded with bacon strips or salt pork and basted several times during the cooking period. Fat fish require little or no basting and no additional fat. Heads and tails may be removed or left on for serving. Baked fish require much less attention than fried, and have a brown crust and an excellent flavor. Baking is recommended instead of frying.

Assemble these utensils:

knife

large pan or baking dish

needle and thread or skewers and cord or toothpicks

spatula

platter

brush for fat, if used

fork

spoon

Assemble these supplies:

3 pounds dressed fish

salt

melted fat or oil or 2 strips bacon

or salt pork, if lean fish stuffing (recipe follows)

parsley

lemon

sauce, if desired

- 1. Select a dressed fish. Wash and dry carefully.
- 2. Sprinkle both inside and outside with salt.
- Stuff the fish loosely and sew the opening or secure it with skewers or toothpicks and cord.
- 4. Place the fish on a greased baking dish.
- 5. Cut 3 or 4 gashes through the sides of the fish to keep the skin from cracking.
- If a lean fish, brush with melted fat or place bacon or strips of salt pork on the sides.
- 7. Set the oven at 350°F.
- 8. When the oven is hot, place the fish in and bake 40 to 60 minutes until the fish flakes when it is touched with a fork.
- 9. Baste with melted fat if the fish appears to be drying.

- 10. When done, lift the fish carefully to a hot platter, remove the thread or cord, garnish, and serve.
- 11. If desired, serve with a sauce such as Spanish or egg and olive.

Good baked fish has these qualities:

- a golden-brown exterior,
- a juicy, tender, and firm texture,
- a full, rich, natural flavor,
- an appetizing aroma.

BREAD STUFFING FOR BAKED FISH

Some stuffings are dry and fluffy, others are moist and highly seasoned. The preference is an individual one. Stuffing should be placed lightly in the cavity and to about 34 of its capacity.

Assemble these utensils:

fork frying pan

knife cutting board bowl for mixing

measuring spoons

Assemble these supplies:

- 6 slices day-old bread
- 1 small onion
- 2 stalks celery
- 6 tablespoons fat
- 1 teaspoon salt pepper
- 1 teaspoon thyme or 2 teaspoons dill pickle, chopped water

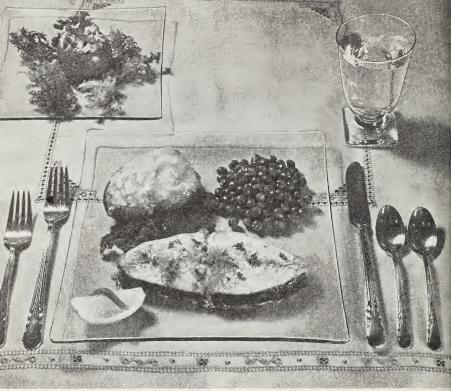
Steps in preparation:

- On the cutting board mince the onion, cube the bread, dice the celery, and chop the pickle, if used.
- 2. Melt the fat in the frying pan, add the onion and celery, and sauté until soft and tender (for about 10 minutes).
- 3. Mix the bread crumbs with seasonings. Add celery, onion, and fat.
- 4. Add about 3 tablespoons water to moisten the bread mixture. Toss with a fork until well blended.

Striped bass, stuffed and baked, is delicious. This one is so elaborately garnished that serving it will be difficult.

Fish and Wildlife Service, U.S. Department of the Interior





Fish and Wildlife Service, U.S. Department of the Interior Broiled halibut steak, garnished with parsley, lemon, and a pimiento strip.

BROILED FISH FILLETS

(Number served: 4)

Fillets, steaks, and whole fish of about 1 to $2\frac{1}{2}$ pounds split in half may be cooked this way. The bones and skin are not removed and add their flavor to the product.

Assemble these utensils:

knife
broiler pan
fork for testing
spatula for turning
brush or spoon for basting
pan or cup for melting butter
measuring spoons
serving platter

Assemble these supplies:

1½ pounds fillets pinch salt

4 tablespoons butter substitute oil for broiler parsley or watercress lemon sauce (optional) pepper

- 1. Grease the broiler pan and place it 2 inches below flame.
- 2. Set the broiler at 350°F. and preheat.
- 3. Wash and cut fish in serving-sized pieces.

- 4. Place fish on preheated broiler pan with the skin side toward the flame.
- 5. Brush the fish with melted fat and broil until slightly brown (5 to 8 minutes.)
- 6. Turn carefully and baste with the fat.
- 7. Broil for 5 to 8 minutes. Test to see if done.
- 8. When done, season with salt and pepper, and remove to a hot serving platter.
- 9. Garnish with lemon and parsley.

Good broiled fish has these qualities: a golden-brown color, an appetizing flavor and aroma, a well-basted surface, a flaky, firm, and moist texture, an attractive shape and form, a gay garnish.

FRIED FISH

(Number served: 4)

White-fleshed and light-colored fish are best for frying, since they are lean. Fish with more fat may be too rich if fried.

Assemble these utensils: Assemble these supplies: mixing bowl 1½ pounds fillets or dressed fish 1 teaspoon salt utility pan knife pinch pepper cutting board 1 egg heavy frying pan or frying kettle 1 tablespoon milk or water spatula 1 cup fine crumbs or 1 cup cornmeal absorbent paper oil for frying measuring cup fork parsley lemon platter

- Inspect and wash fish carefully. Place on cutting board and cut in serving sizes.
- 2. Sprinkle with salt and pepper.
- 3. Place the egg and milk in the mixing bowl, mix with a fork.
- 4. Dip the fish in the egg mixture and then roll in the crumbs.
- 5. Place ½ inch of fat in the pan, heat, but keep well under the smoking temperature.
- 6. Fry fish about 10 minutes or until brown.
- 7. Turn carefully and brown on the other side.
- 8. Drain thoroughly on the paper.
- 9. Serve immediately on a hot platter. Garnish with parsley and lemon.

Good fried fish has these qualities: a golden brown color on both sides, a crisp outer crust, a moist, tender, flaky interior, an appetizing aroma, a well-seasoned flavor.

POACHED FISH

(Number served: 4)

This method is sometimes miscalled "boiled" fish. Obviously the term is not correctly used since the water only simmers if the best texture, appearance, and flavor are to be obtained. The seasoned water called *court bouillon* adds flavor and should be used instead of plain water. Fillets, steaks, and whole-dressed fish may be poached and served hot with sauce.

Assemble these utensils:

cheesecloth for wrapping fish large covered pot measuring cup measuring spoons cutting board sharp knife

Assemble these supplies:

2 pounds dressed fish lemon and melted butter

Court bouillon:

- 2 quarts water
- 2 tablespoons butter substitute
- 2 thin onion slices few cloves
 - few peppercorns
- 1 carrot, sliced
- 1 celery stalk, sliced
- 1 sprig parsley
- 1 bay leaf
- 2 teaspoons salt
- ½ cup vinegar

Steps in preparation:

- 1. Wash the fish carefully and wrap in cheesecloth.
- 2. Prepare the court bouillon by adding all the seasonings to the water. Boil for 5 minutes.
- 3. Add the fish, cover the pot, and lower the flame to a simmer.
- Simmer 10 minutes per pound for small fish. Larger pieces take 20 minutes per pound.
- 5. After cooking is completed, drain, and serve hot with sauce or with lemon and melted butter. Retain the liquid for soups and sauces.

Good poached fish has these qualities:

- a flaky but firm flesh.
- a moist, tender texture,
- a delicate, seasoned flavor,
- its original shape retained.



Fish and Wildlife Service, U.S. Department of the Interior The delicate flavor of poached fresh cod is enhanced by tomato sauce.

FRIDAY SALMON CASSEROLE

(Number served: 6)

Assemble these utensils:

measuring cup measuring spoons

can opener

double boiler

large sauce pan

colander

knife for chopping

baking dish, 2-quart size

grater

waxed paper or bowl for cheese

bowl for salmon

fork for flaking salmon

wooden spoon

chopping board

Assemble these supplies:

1 No. 2 can salmon, flaked

3/4 cup rice

1 quart boiling water

2 teaspoons salt

2 tablespoons chopped parsley

4 tablespoons fat

4 tablespoons flour

2 cups milk

1 teaspoon salt

½ teaspoon celery salt

½ teaspoon nutmeg

2 tablespoons lemon juice

1 cup grated American cheese fat for greasing casserole

- 1. Set oven at 375° F.
- 2. Cook rice in the boiling water and salt.
- 3. Oil the casserole or baking dish. Drain the rice and put in casserole. Add the chopped parsley and mix.
- 4. Melt the fat, add the flour and make a smooth paste; add the milk to prepare white sauce and cook 20 minutes until thick.
- 5. Remove the white sauce from the fire, add the seasonings, lemon juice, and the cheese. Stir until the cheese is melted.
- 6. Flake the salmon and add to the sauce. Pour this mixture over the rice.
- 7. Bake for about 30 minutes and serve very hot.

SALMON OR TUNA LOAF

(Number served: 6)

Assemble these utensils:

bowl

fork

measuring spoon measuring cup mixing bowl

spoon knife

small loaf pan or casserole

can opener platter

Assemble these supplies:

1 No. 2 can salmon or tuna

3/4 cup milk

1½ cups bread crumbs, soft

2 tablespoons sweet pickle, chopped

1 tablespoon lemon juice

1 egg, slightly beaten

1 teaspoon salt oil for greasing pan

Steps in preparation:

1. Set the oven at 350° F.

- 2. Drain oil from the tuna or salmon. Remove any skin and bones. Flake the fish.
- 3. In the large mixing bowl, assemble and blend all ingredients.
- 4. Grease the loaf pan, pack the mixture into shape.
- 5. Place in the oven to bake for 30 minutes or until a golden brown.
- 6. Invert on a platter and serve with egg and olive sauce.

A good tuna fish loaf has these qualities:

a golden browned crust,

a moist, easily sliced texture,

an interesting flavor,

an appetizing aroma.

a gay garnish.

EGG SAUCE FOR FISH LOAF

Assemble these utensils:

saucepan for eggs

double boiler for the sauce

knife

cutting board

measuring cup

Assemble these supplies:

1 cup medium white sauce (page 82)

2 eggs

6 olives, optional sprig parsley

- 1. Prepare the white sauce.
- 2. Hard cook the eggs.
- 3. Place eggs in cold water to cool.
- 4. Remove the shells and chop the eggs coarsely. Chop the olives, if used.
- 5. Combine eggs and olives with the white sauce and allow to remain over hot water for 5 minutes before serving.

SHRIMP

(Yield: 3 cups)

Assemble these utensils:

large covered pot

colander

sharp knife or toothpicks

measuring cup

measuring spoon

Assemble these supplies:

2 pounds raw shrimp

2 quarts water

1 sprig parsley 1 stalk celery

3 or 4 peppercorns (optional)

½ teaspoon salt

Steps in preparation:

1. Simmer water and seasoning for 5 minutes.

2. Wash shrimp, add to the water, cover and bring to a boil.

3. Count exactly 5 minutes after the water reaches a boil. The shrimp will then have turned a lovely coral pink.

4. Drain in the colander and cool.

5. Remove the shell by pulling it with your fingers.

6. With the tip of your knife or a toothpick, remove the vein that runs on the outside of shrimp.

Well-cooked shrimp have these qualities:

a coral color,

a well-cleaned body,

a perfectly retained shape,

a delicate aroma.

CREAMED SHRIMP ON TOAST

(Number served: 4)

Assemble these utensils:

large double boiler

knife

cutting board

spoon

measuring cup measuring spoon

can opener

Assemble these supplies:

2 cups medium white sauce

1 tablespoon lemon juice

1 tablespoon green pepper, chopped

2 tablespoons pimento (optional)

3 cups shrimp, cooked

4 pieces bread for toast

sprig parsley (optional garnish)

- 1. Make the white sauce, allow to stand over hot water for 15 minutes.
- 2. Add the seasoning materials and shrimp, stir gently to avoid crushing.
- 3. Allow to remain over hot water for 10 minutes to blend flavors.
- 4. Prepare the toast to a golden brown, cut in triangles.
- 5. When ready to serve, pour the creamed shrimp on the toast. Garnish with parsley, if desired.
- 6. Serve instantly so the toast will be crisp.

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SUMMARY

1. Fresh fish have a firm and elastic flesh, full and bulging eyes, reddish-colored gills, scales that cling tightly, and a fresh smell.

- 2. Frozen fish may be used interchangeably with fresh.
- 3. Canned fish are easily stored and inexpensive.
- 4. Fresh shellfish spoil rapidly and must be selected with care.
- 5. Fish is cooked for a short period since there are no muscles to be tenderized. It is done when it has a pearly appearance and flakes with a fork.
- 6. Fish may be broiled, baked, poached, or fried.
- 7. Green salads, cole slaw, or vegetable salads are "naturals" with fish.
- 8. Garnishes and sauces are especially important in fish cookery.

ACTIVITIES

1. Learn:

- a. to identify at least 10 varieties of fish.
- b. to clean and dress a fish quickly by watching a fisherman do it.
- 2. Compare the cost of fish, poultry, and meat per pound at one or more seasons of the year.
- **3. Prepare** at home at least one new fish dish together with an appropriate sauce, garnish, and tossed salad.

4. Demonstrate:

- a. the characteristics of fresh fish.
- b. the proper storage of fish.



YEAST BREADS

History books place the invention of yeast bread at about 3000 B.c. in Egypt. The Egyptians observed that when dough was left to stand, it doubled in size and could be changed into a new and delicious food. When baked, this product was light, golden brown, and delicious. We now know that the warm dough attracted yeast spores from the air and fermented. It formed a gas, *carbon dioxide*, which leavened the dough. To the Egyptians and other peoples of that day this change appeared to be magic. A new food that very quickly won popular approval had been found.

Breads of other lands have come to this country to become part of our food pattern. For example there are the crunchy bread sticks of Italy; the crispy.



Standard Brands, Inc.

In rolls, buns, rings, or loaves, sweet breads are a treat for everyone.

long loaves and the brioche of France; the tapering rolls, sprinkled with poppyseed from Austria; the oatcakes and rice breads of England; the rich coffee cakes and pumpernickel breads of Germany; the flavorful black "breads of poverty," from the Baltic countries; the delectable fruit breads and hardtack of Sweden, and the pan dulce and tortillas of Mexico. Our native bread is unleavened corn bread in the form of johnnie-cakes and hoe cakes,—a con268] DINNER

tribution of the Indian women who taught the pioneers how to make these good breads using only the simple facilities that were then available.

PREPARING YEAST BREADS

It takes little effort and management to make these delicious yeast breads so much enjoyed by your family. Bread, one of the least expensive energy foods, makes a real contribution to each of our three meals. Modern bakeries supply us with good breads, rolls, and coffeecakes, but there is a special and indescribable goodness in those home-baked products. There is a real sense of achievement in producing hot fluffy rolls, thick sugary coffeecake, cinnamon rolls that are fragrant and richly glazed, and warm fragrant loaves of bread. Your family will be proud of your homebaked breads and rolls.

Ingredients. The ingredients used for yeast breads are the same as those used in quick breads: flour, liquid, fat, leavening agent, eggs, sugar, and salt. The difference is in the leavening agent used. Yeast is composed of small microscopic plants that need food, moisture, and warmth to grow and and produce the caroon dioxide needed for a light and tender texture. It comes in the forms of compressed cakes that must be stored in the refrigerator and in envelopes of dry yeast that do not require refrigeration. A yeast cake is crumbed into lukewarm water and allowed to stand to soften. Dry yeast is sprinkled into lukewarm water and allowed to stand 5 minutes before stirring.

Mixing Techniques. A study of the factors that contribute to success in breadmaking robs the process of mystery and shows how easy the preparation becomes when a few basic rules are mastered. The techniques are easy to acquire, but the novice should watch an experienced home baker prepare the dough and handle it, and then practice to acquire these skills.

There are two standard mixing methods. One produces "straight dough" and the other, "sponge dough." For straight dough all the ingredients are combined and kneaded to a satin smoothness. The dough is then formed into a soft ball and allowed to rise. This is the quicker method and is entirely satisfactory. For sponge dough the yeast and liquid are combined with a small portion of flour to make a batter. After a few hours the other ingredients are added and the dough continued as in the first method.

Many varieties of bread, rolls, or coffeecake can be shaped and baked from one basic dough since any left-over dough may be kept in the refrigerator for several days. It is stored at 40° F. to 50° F. to hold back the yeast activity. When the dough is returned to room temperature, the yeast becomes active and steadily rises. This advance preparation is convenient for it can supply hot breads several times with but one preparation of dough—obviously a great advantage for both the inexperienced and the busy homemaker.

The same utensils are used for mixing and baking yeast breads as were used for quick breads except that the mixing bowl should be large enough to allow for a doubling of the volume of the dough. Popular size baking pans are: for loaves, $3\frac{1}{2} \times 7\frac{1}{2} \times 3$ inches: for rolls, muffin tins $11\frac{1}{4} \times 7\frac{1}{2} \times 1\frac{1}{2}$; and for coffee cakes, $8 \times 8 \times 2\frac{1}{2}$ inches or a 9-inch tube pan.

When the dough forms into an irregular ball that comes away from the sides of the bowl, turn it out on a lightly floured breadboard or pastry cloth.



With the heels of your hands push the ball of dough away from you. Then grasp the dough firmly with both hands and turn it one-quarter way around. Repeat.



With hands lightly floured, firmly press the dough into a smooth and slightly flat ball. Then, using both hands, fold dough over itself toward you.



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STORAGE

All yeast breads should be removed from their pans immediately and placed on a wire rack for cooling. Never use a towel instead of a rack or the loaves or rolls will become soggy. When thoroughly cooled, store in a cool, clean, ventilated bread box. Keep the bread box washed and scalded and dried in the sun.

To reheat rolls that are slightly stale, place in a tightly covered pan for 15 minutes in a 350° F. oven. Unused bread and rolls may be dried in a warm oven and put through the food chopper or rolled fine with a rolling pin. These crumbs are then sifted and stored in covered jars for later use.

YEAST BREAD

(2 loaves-1 pound each)

This simple method produces an easy-to-make nutritious bread that is excellent served fresh from the oven and makes splendid toast and sandwiches. This homemade bread keeps well.

Assemble these utensils:

measuring spoons
measuring cups
saucepan
large mixing bowl
wooden spoon
bread board
towel
waxed paper
2 loaf pans 3½ x 7½ x 3 inches
small and large bowl
pastry brush
sifter

Assemble these supplies:

- 2 cakes or 2 packages yeast
- 2 tablespoons warm water
- 2 cups milk
- 3 tablespoons shortening
- 2 tablespoons sugar
- 2 teaspoons salt about 6 cups sifted enriched flour extra shortening extra flour

Steps in preparation:

- 1. Soften the yeast in the warm water.
- 2. Scald the milk, add shortening, salt, and sugar, and cool to lukewarm.
- Combine the yeast with the milk, when it is lukewarm, in large mixing bowl.
- 4. Add enough flour to make a stiff dough, mix thoroughly, and turn out on a floured board (use 3 tablespoons flour on the board) knead for 10 minutes.
- 5. Place the dough in a greased bowl, brush the top with shortening, cover with waxed paper and towel and allow to rise in a warm place to double the size.
- 6. When ready, punch down with your finger and fist. Fold over so smooth side is on top and cover with towel. Allow to rise again.

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7. Turn out on the board. Divide in half, cover with a bowl, and allow the dough to rest for 10 minutes.

- 8. Shape into loaves after studying the pictures for shaping techniques.
- 9. Place in greased pans and brush the tops with melted shortening.
- 10. Cover with towel. Allow to rise 1 hour until doubled in bulk.
- 11. Preheat the oven to 400° F. When the oven is hot, place the bread in.
- 12. Bake about 45 minutes until a golden-brown crust has formed.
- 13. Invert pans on a wire rack for cooling.

A good loaf of bread has these qualities: a symmetrical shape with large volume, a golden-brown exterior, uniform silken crumbs, creamy-white elongated cells, a nutlike flavor.

Ann Pillsbury's Home Service Center





Ann Pillsbury's Home Service Center

Rolls may be formed in many different shapes. For Parker House rolls, roll the dough about ½ inch thick. Cut it into rounds with a 2½ inch cookie cutter. Crease heavily through the center with the dull edge of a knife. Brush with melted margarine and fold on the crease. Pan rolls are simply formed into smooth balls. A clover leaf roll is three small round balls baked together in a muffin pan. Brush the sides of the little balls with melted margarine to help them stick together.

REFRIGERATOR ROLLS

(2½ dozen rolls)

This dough is softer than bread dough and it is richer because of the extra egg and fat. It may be kept in the refrigerator for not longer than 5 days. If kept longer the rolls will be unsatisfactory.

Assemble these utensils:

2 saucepans large mixing bowl measuring cups measuring spoon

sifter fork

wooden spoon pastry board muffin tins waxed paper egg beater pastry brush

Assemble these supplies:

2 packages yeast (compressed or granular)

1/2 cup lukewarm water

1½ cups milk2 teaspoons salt

½ cup sugar

1/4 cup shortening, melted1 egg, slightly beaten

5½ cups enriched sifted flour oil

Steps in preparation:

1. Warm the water to lukewarm (80°F.). Add the yeast to soften.

Scald the milk and pour into the mixing bowl with the sugar, salt, and shortening. Mix well.

When the milk mixture has cooled to lukewarm, add 2 cups flour and beat well. Then add the softened yeast and the beaten egg and mix carefully.

4. Add the remaining flour and mix until a soft dough forms. Turn out on a lightly floured board and knead until it becomes satiny in appearance.

5. If the dough is to be refrigerated, oil a bowl, place dough in the bowl, and cover well with waxed paper and a towel. Before using, allow to come to room temperature.

Shape into rolls and cover lightly with wax paper. Allow to double in volume.

 Preheat an oven to 425°F. Bake for 15 to 25 minutes, depending upon the size and shape of the rolls, until golden brown.

For a soft, tender crust, brush with soft butter as the rolls come from the oven.

9. Remove the rolls from the pan immediately to avoid sogginess. Serve hot.

Good rolls have these qualities:

a golden brown crust, an excellent aroma, a light, fine texture, a tender, elastic crumb, an attractive, uniform shape.

BASIC DOUGH FOR COFFEECAKE

(1 cake)

Roll dough could be used but this dough is a little sweeter. Different varieties are obtained by adding such ingredients as nuts, candied dried fruits, currants, spices, and sugar, thin glazes and powdered-sugar toppings.

Assemble these utensils:

large mixing bowl

fork

2 saucepans

sifter

knife

measuring cups measuring spoon

wooden spoon pastry board

waxed paper

Assemble these supplies:

1 yeast cake or package of yeast

½ cup milk

1/4 cup melted shortening

1/4 cup sugar

1 teaspoon salt

egg

21/4 to 21/2 cups sifted enriched flour

additional flour

oil

Steps in preparation:

- 1. Add 2 tablespoons of lukewarm water to the yeast and allow it to soften for 5 minutes in a large mixing bowl.
- 2. Scald the milk and allow to cool to lukewarm.
- 3. Melt the shortening and cool.
- 4. Pour the lukewarm milk over the dissolved yeast; add the egg, slightly beaten with a fork, the sugar, and the salt. Mix well.
- Beat in half the flour. Continue beating until the batter is smooth and very elastic.
- 6. Add shortening and remaining flour gradually and continue beating.
- 7. Turn on a floured board (use about 3 tablespoons for flouring), place the bowl over it and allow to stand covered for 10 minutes, then knead until smooth and elastic.
- 8. Place in an oiled bowel and allow it to rise to double the original size. This will take about 1 hour depending on room temperature.
- Punch down the dough, using your index finger. Use for any coffeecake that is desired.

HUNGARIAN COFFEECAKE

(1 cake)

Assemble these utensils:

knife

mixing bowl

measuring spoon

measuring cup

saucepan

Assemble these supplies:

1 recipe basic dough for coffee-

cake

1/2 cup butter or fortified

margarine, melted

3/4 cup sugar

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Assemble these utensils (continued): Assemble these supplies (continued):

board waxed paper

9-inch tube pan

spatula plate 1 teaspoon cinnamon

½ cup nuts chopped

½ cup raisins oil for cake pan

Steps in preparation:

- 1. Oil the tube pan.
- 2. With a sharp knife cut the dough into pieces the size of walnuts and form into a smooth ball, as for clover leaf rolls.
- 3. Mix the cinnamon, sugar, and chopped nuts.
- 4. Roll balls into melted butter, then roll into sugar and nut mixture.
- 5. Place the balls in the pan so that they barely touch each other.
- 6. Sprinkle with raisins and add more balls so that they barely touch until all the ingredients are used.
- 7. Cover with waxed paper and allow to double in size (about 45 minutes).
- 8. Preheat the oven to 375°F. Bake the coffeecake for about 45 minutes until a gold brown.
- 9. Loosen the cake from the pan with a spatula and invert on a plate.

A good coffeecake has these qualities:

a pleasing appearance, a sweet dough base, added nuts, fruits and flavorings, an appetizing aroma, a delicate icing or glaze.

SUMMARY

- 1. Yeast breads have the same ingredients as quick breads except that yeast is used rather than baking powder to leaven the dough.
- 2. Yeast comes in compressed cakes that must be kept in the refrigerator and in powdered form which keeps without refrigeration.
- 3. Yeast must stand in lukewarm water before being added to dough.
- 4. Unbaked dough may be stored in the refrigerator.
- 5. Many varieties of bread, rolls, and coffeecake may be made from one basic dough.
- 6. Yeast breads should be stored in a clean, ventilated bread box.

ACTIVITIES

1. List the ingredients for yeast breads and explain the purpose of each. Explain the special handling that yeast must have to remain active.

2. Prepare:

- a. rolls in 3 different shapes and a small coffeecake from the same dough. These may be made at home over a period of several days.
- b. a list of uses of bread crumbs in cookery. Look up the directions for storing bread crumbs.

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3. Demonstrate:

- a. how rolls may be reheated successfully.
- b. the care of a yeast bread after it comes from the oven.
- c. how and explain why the bread box should be washed, scalded, and sunned.
- 4. Compare in cost and quality homemade and commercial:
 - a. bread
 - b. rolls
 - c. coffeecake



CAKE AND COOKIES

CAKE

Throughout the centuries, cakes have been considered the final test of a chef's art. The early Egyptians made cakes using white flour in a leavened dough that was sweetened with honey and flavored with spices. The Romans served a leavened wedding cake from which the bride and groom shared one slice. They also prepared cakes to offer to Ceres, the goddess of the harvest. These were made of honey, flour, incense, milk and wine. For centuries Egypt, Rome, India, China, and Greece prepared frequent offerings for their gods.

Until about 1200 A.D. cakes were leavened with dough remaining from a previous cake and were filled with butter and honey and sometimes sugar. At that time a nun developed a new cake with a greatly improved texture and flavor. She creamed butter, sugar, and eggs for 2 hours before adding the flour and she baked the cake in small round layers instead of in a huge pudding shape. These small thin layers were stacked together as our present day layer cakes are. This cake had a religious significance. It appeared at christenings, weddings, and funerals. It was also prepared for Holy Days and sometimes baked in a rectangular shape to resemble the manger. Often spices and fruits were added to recall the gifts of the Wise Men.

Varieties. Although modern cookbooks list an almost unlimited number of cakes, there are really only two types in common use—or possibly three with the third being a combination of the others. The major classifications are butter and sponge cakes. The butter cakes include layer cakes, loaf cakes, fruit cakes, cupcakes, and gingerbread. Sponge cakes include true sponge, (a



Courtesy of Swans Down Cake Flour

Unfrosted angel cake served with strawberries and powdered sugar and cold milk. Try this on your guests.

golden yellow due to many eggs), modified sponge (a less expensive and not as rich cake), and angel-food cake (a snowy white cake which calls for many egg whites, but no yolks. A sponge differs from a butter cake in that it contains neither shortening nor added leavening. It is raised by air enfolded in egg whites and is characterized by its light texture and large volume. The third type, the chiffon cake, has the volume and lightness of the sponge cake and the richness of the butter cake. Oil is used as the shortening. This kind of cake stores very satisfactorily.

Ingredients. Practically all cakes are prepared from milk, eggs, sugar, flour, shortening, and miscellaneous ingredients which are very high in fuel value and calories and contain little protein, vitamins and minerals. Calories run easily from 300 to much higher per slice of an average sized serving; a richer cake, a more generous frosting, and a larger slice add many more calories. Cake is a popular dessert but it is well to learn to enjoy uniced cakes and less rich ones if cutting down on calories is important.

For any type of cake ingredients of good quality are essential. Most recipes call for them to be at room temperature. The usual ingredients are given in the chart on the following page.

INGREDIENTS

VARIETIES	PURPOSE
Flour Enriched All-purpose Flour Cake Flour	The framework of any cake. Cake flour produces the tenderest cake, but it is very important to use the kind called for.
Shortening (not used in sponge cakes) Butter Vegetable Shortening Lard	For texture and keeping quality
Sugar Finely Granulated White Brown	To add sweetness and aid in texture and browning
<i>Liquid</i> Milk Cream	To provide moisture and to blend ingredients
Egg	For lightness, color, richness, and texture
Added Leavening (not used in sponge cakes) Baking Powder Baking Soda	To leaven cakes for better texture
Flavoring Extracts Salt Spices Chocolate Nuts Fruit	For variety

Mixing methods. A successful cake calls for a great deal of exactness. A tested recipe is the first requisite and this recipe must be read with understanding of each step before any work is begun. Accurate proportions and correct methods are essential.

The technique in mixing a sponge cake is to get as much air into the batter as possible. For this reason the egg whites and yolks are beaten separately.

There are two techniques for mixing butter cakes in common use—the standard and the one-bowl methods. In the standard method the shortening is creamed, the sugar added gradually until the two are well mixed, and then the eggs or egg yolks are added and blended. The flour is added in four parts alternately with the liquid which is added in three parts. If the egg whites have been beaten separately, they are then folded in. The resulting texture is good or excellent, but the mixing time is 25 minutes.



Apricot upside-down cake is made in a skillet, but it can grace any table with its luscious fruit and butterscotch topping on warm fluffy cake.





Done.

Ann Pillsbury's Home Service Center Place cakes on a rack to cool.

Baking. There is definite relationship between the excellence of the product and the size of the pan. Wrong sizes cause undersized, lumpy, over-browned, misshapen, soggy, and pasty cakes even if all other factors are right.

Sponge-cake pans should not be oiled since the batter rises by clinging to the walls. Pans for butter cakes should be oiled and in some cases, lined with waxed paper as well.

The correct heat is also an important factor. If the temperature is too hot, the cake browns before the interior is done and the crust "sets" before volume is achieved. If the temperature is too low, the cake develops a coarse texture, is misshapen, and has a sticky surface. For a butter cake the usual baking temperature in 350° F. to 375° F. The average baking time for layers is about 30 minutes. For cupcakes baked in muffin pans, it is about 25 minutes and about 1 hour for loaf cakes. Fruit cake requires a baking time of several hours at a lower temperoture. Sponge cakes are baked at 325° F. for about 1 hour if a tube pan is used. If a sheet pan is used they cook in about 30 minutes.

The pans should be placed in the oven so that they do not touch each other,

CAKE PANS

ТҮРЕ	SIZE
Layer Cake	8, 9, and 10 inches 1½ inches deep. The amount of batter suitable for two 9-inch pans will fill three 8-inch pans exactly
Loaf	8 x 4-, 9 x 5-, and 101/2 x 4-inch
Tube (for angel food cakes)	9 and 10 inches The 9-inch size is too small for many recipes
Square	9 x 9 x 2 inches
Oblong	12 x 8 x 21/4 inches

but are as near the center as possible. A warped oven rack causes a misshapen cake so check to see that the rack is straight.

It is wise to invert a sponge or angel food cake pan on a rack and allow the cake to cool for an hour before attempting to remove it from the pan. Butter cakes can be removed after about 10 minutes. When cool it can be frosted and stored in a bread box until served. A fruit cake should be wrapped in waxed paper and a towel to be stored. The cutting of a cake has much to do with its appearance and a sharp knife and steady hand are recommended.

GOLDEN LAYER CAKE

(2 9-inch layers)

Assemble these utensils:

measuring cups measuring spoons

flour sifter wooden spoon mixing bowl rubber scraper

waxed paper scissors

2 cake pans—9-inch wire rack for cooling toothpick spatula Assemble these supplies:

21/4 cups sifted enriched flour

1½ cups sugar

3 teaspoons double action baking powder (S.A.S.)

1 teaspoon salt

1/2 cup vegetable shortening

1 teaspoon vanilla

1 cup milk

2 medium-sized eggs

Steps in preparation:

- 1. Set the oven at 350° F.
- 2. Oil the pans. Cut waxed paper to fit, place in pans, and oil that.
- 3. Carefully sift and measure the flour. Place the flour, salt, sugar, and baking powder in a bowl; then sift together.
- 4. Add the shortening, flavoring, and 3/3 cup milk.
- 5. With a wooden spoon use an up-and-over motion completely around the bowl as you count 300 strokes or beat for 2 minutes. Count out time lost for scraping down the sides of the bowl or for resting.
- 6. After the 2-minute beating, add the remaining ½ cup milk, the 2 eggs, and give another 300 strokes or a 2-minute beating period.
- 7. Pour the batter evenly into 2 9-inch pans. Place in the preheated oven and in 30 minutes test to see if done. If the cake is done the toothpick will come out clean when pressed into the center of the cake and the crust will be a golden brown. If longer baking is needed, allow another 5 minutes.
- Allow to stand in the pans for about 10 minutes. Then invert on a rack and peel off the waxed paper while the cake is hot. Do not frost until cool.

A good butter cake has these qualities: an even grain and fine texture, a velvety crumb, a good volume, a symmetrical, lightly-browned exterior, an excellent keeping quality.

GOLDEN SPONGE CAKE

(10-inch tube pan)

Assemble these supplies:

1 cup sifted cake flour

1 tablespoon lemon juice

2 teaspoons lemon rind, grated

1 cup sugar

1/4 teaspoon salt

6 eggs

Assemble these utensils:

measuring cups measuring spoons

sifter

knife grater

lemon reamer

2 large mixing bowls wire whip or rotary beater

spoon

tube pan (10-inch)

toothpick spatula

Steps in preparation:

- 1. Set the oven at 325° F.
- Sift the sugar, measure, sift again. This second sifting incorporates more air.
- 3. Sift the flour, measure, and add the salt.
- 4. Separate the yolks and whites of the eggs. Beat the egg yolks at least 5 minutes until they are yellow. Add the lemon juice and lemon rind and gradually beat in ½ cup sugar.
- Wash the egg beater carefully to remove all the egg yolk. Beat the whites until they stand in stiff peaks. Gradually add the remaining sugar.
- 6. With a large spoon or wire whip fold the beaten yolk mixture into the egg whites. Remember that folding gently is a secret of success.
- Sift about 2 tablespoons flour on the top of the mixture and gently fold it in. Continue until the flour is all added.
- 8. Pour into an ungreased tube pan and bake for 1 hour.
- Test with a toothpick and when it comes out clean from the center the cake is done.
- 10. Invert the tube pan for a cooling period of 1 hour. Then loosen the cake with a spatula and invert again. The cake will come out when thoroughly cool.

A good sponge cake has these qualities: quite a large volume, fine-textured cells, feathery, light, moist grain, a delicate flavor, a symmetrical straw-brown exterior.

Frostings. The frosting on the cake is the proverbial extra bit of goodness. There are two general types, classified on the basis of their preparation—the uncooked and the cooked icings. The simplest of the uncooked frostings is a coating of confectioner's sugar sprinkled through a lace doily so that it forms a pattern on the cake. Others are made by creaming softened butter, confectioner's sugar, cream, and flavorings, and sometimes egg together. The uncooked frostings are easily prepared, almost infallible, soft enough to spread, and rich and delicious. They also retain their form when set and keep unusually well. They seem to go especially well with angel food and sponge cakes.

Cooked frostings are crystalline candy products. The rules and procedures are the same as for making candies, since in both the problem is to prevent the formation of large crystals. To retard this condition certain products such as cream of tartar or corn syrup are added and the ingredients are carefully handled during the cooking, cooling period, and beating stages. A candy thermometer helps to eliminate errors in the cooking process and soon pays for itself when candies, frostings, and jellies are made frequently. Ingredients for cooked frostings are sugar, corn syrup or cream of tartar, liquid flavorings, sometimes egg whites, and nuts. Popular varieties are fudge, divinity, butter-scotch, fondant, and peppermint.

Before the frosting is applied the cake should be brushed of excess crumbs after it is thoroughly cooled. Cooked frosting should be slightly cooled, too, as it will soak into the cake otherwise. The lower layer is usually inverted. After that is iced the next layer is placed on it bottom side down. This is not too important, but it is important that the top layer be placed straight on the lower one. The sides are iced next and finally the top. It is well to check the amount of frosting a recipe makes, because a skimpy frosting makes an unattractive cake. If strips of waxed paper are placed just under the cake and out beyond the edge of the plate so that they can be pulled out after the job is done, the cake may be frosted right on a fancy plate.

A spatula is the best tool to use for spreading the frosting. Work with bold, firm strokes, and strive for swirls and ridges rather than smooth, flat surfaces. The design of the frosting is most attractive when it remains simple. Edible garnishes such as chopped or halved almonds, walnuts, or pecans, candied cherries or pineapple, coconut or dates dress up a cake. For children's parties animal crackers, candy shots, and candles are a gay addition. If an artificial coloring is used, it should be of a soft pastel shade.

SEVEN-MINUTE FROSTING

(2-layer 9-inch cake)

Assemble these utensils:

double boiler rotary beater measuring cup measuring spoon wooden spoon spatula Assemble these supplies:

2 egg whites 1½ cups sugar pinch salt ⅓ cup water

2 teaspoons light corn syrup

1 teaspoon vanilla

Steps in preparation:

 Place egg whites, salt, sugar, corn syrup, and water in the top of a double boiler and mix well.

2. Put the upper section over the bottom. Beat mixture with the rotary beater for about 7 minutes until it holds in peaks.

3. Remove from the boiling water, add flavoring, and beat until the frosting is cool and will stand in firm peaks. This takes about another 6-minute beating period.

Frosting that is made by this method is very creamy, fluffy, and swirls easily in frosting a cake.

A good cooked frosting has these qualities:

an uncracked glossy exterior, a soft delicate flavor, a well-blended flavor, a fluffy exterior.

BUTTER FROSTING

(10-inch tube sponge cake)

Assemble these utensils:

measuring spoons
measuring cups
wooden spoon
mixing bowl
rubber scraper
spatula
For chocolate flavor (op

For chocolate flavor (optional): double boiler

waxed paper

Assemble these supplies:

1/4 cup butter or margarine

2 cups confectioner's sugar, sifted

1 teaspoon vanilla pinch of salt

3 tablespoons cream or top milk For chocolate flavor (optional):
2 squares chocolate, melted

Steps in preparation:

1. If the chocolate is used, line the top of the double boiler with waxed paper, add the chocolate, place over hot water to melt, and remove from the paper with spatula.

2. Cream the butter until fluffy, gradually add 1 cup of the sugar, then the



Brush loose crumbs off before you begin to frost the cake.



Make gentle swirls rather than trying for a smooth effect.

Ann Pillsbury's Home Service Center



Beautiful Seven-Minute Frosting!

vanilla, chocolate (if used), the salt, the cream, and the remaining sugar. Blend well. If needed, add a little more cream to obtain a consistency suitable for easy spreading.

A good uncooked frosting has these qualities:

- a fine flavor,
- a creamy and glossy texture,
- an uncracked appearance when cut.

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Fillings. Frosting is usually used between the layers as well as on the top and sides of the cake. However, sometimes a different inside filling is used such as banana, pineapple, or lemon in a custard base or whipped cream combined with crushed strawberries, or peaches, or sliced bananas. The cake may then be frosted on the top and sides with a cooked white icing to add contrast in appearance and in flavor. Such fillings are delicious, but they limit the cake to immediate use because the layers soon become soggy.

FRUIT FILLING

(2-layer cake)

Assemble these utensils:

measuring cup measuring spoon cutting board sharp knife wooden spoon saucepan lemon reamer

Assemble these supplies:

1 tablespoon cornstarch2 tablespoons water

2 tablespoons wa

1/4 cup sugar

1/2 cup raisins

3 tablespoons dried apricots

1/4 cup dates, chopped

2/3 cups boiling water1 tablespoon lemon juice

Steps in preparation:

spatula

1. Dissolve the cornstarch in cold water, add sugar and fruits, stir constantly, and add boiling water gradually.

2. Cook until thickened, stiring constantly, cool, and add lemon juice.

3. Spread between the layers when thoroughly cool.

A good filling has these qualities:

an excellent and decided flavor, a thick consistency to avoid soaking the layers, a contrast in color and flavor to the frosting.

COOKIES

In ancient China, fog was considered an evil spirit and human sacrifices were made to placate it. Later, a cookie baked in minature human form was substituted and cast into the river as a sacrifice to this evil spirit. Cookies were used for a different purpose in early Gaul. They served to test the heat of the oven in a trial baking of the batter-mixture before the cake itself was put in to bake. About 1000 A.D. a young monk, Frère Jean, son of a famous pastry maker, produced the macaroon. This was so delicious that its popularity soon spread over France. The ovens at the abbey were kept baking overtime and produced most of the abbey income, for no one was able to produce a macaroon that compared with the original.

Many of our cookies have an old-world origin. How fortunate for us that they have come to our country. From Denmark, Norway, Sweden, and Germany come rich cookies such as the little wreaths, butter cookies, almond crescents, and vanilla sticks with almonds. Austria has contributed gay cookies

such as chocolate ones split and filled with jam. France has given us chocolate peaks, a fudge-like nut cake, and the popular petits fours. England features little cookies that are excellent with tea such as the currant cookies. China has unusually good cookies prepared from almonds and rice. Italy originated cookies prepared from fruited yeast breads cut in strips and baked. Our own specialties are the ever-popular brownies, cereal drop cookies, refrigerator cookies sliced paper thin, and the chocolate-chip and nut drop cookies.

Cookies bring back many pleasant memories of grandmother's well-filled cookie jar, the spiced gingerbread men so popular with the kindergarten students, and the assorted cookies that add to the holiday cheer. Small cakes and cookies have many advantages: they are easy to prepare, have excellent keeping qualities, and require minimum equipment. They may be served with ice creams and sherbets, are real inspirations for the lunch box, and are welcome with in-between-meal drinks of milk or fruit juice.

Varieties. Cookies have the same ingredients as cakes since they are a modified kind of cake. They are classified by their method of preparation. Bar and drop cookies are prepared from a soft dough and refrigerator, rolled, and pressed cookies from a stiff one. Then there is a miscellaneous group which include macaroons, meringues, and others. There are many varieties of each kind. Some of the popular bar cookies are date-nut bars, brownies, and coconut bars; of drop cookies, Russian rocks, hermits, oatmeal, and chocolate-chip cookies; of refrigerator, vanilla-nut, spice, and butterscotch; of rolled, sugar, chocolate, and molasses; and of pressed, almond and butter. Pressed cookies are called spritz or Swedish cookies.

Preparation. Refrigerator cookies are the quickest and easiest kind to make. They are sliced from a chilled roll of a stiff dough that is high in butter fat. Until the mixture is chilled it is difficult to handle, but after chilling it may easily be sliced into cookies ½s of an inch thick. This dough stores well for a week or more when carefully wrapped in waxed paper and may be sliced and baked as needed.

Bar cookies are also very easy to make since they are cooked all together in a large pan and cut in squares or rectangles when cool.

Drop and press cookies take a little more time. Drop cookies are dropped from a spoon one by one. Press cookies also have to be formed one at a time, but handling the press is an easily acquired skill. The press is held firm and upright and the top turned or pushed down until the dough is forced through the bottom. The presses have many ornamental forms in the shape of flowers, stars, Christmas trees, and wee animals. Any misshapen cookies can be put back and reformed.

Rolled and decorated cookies take from two to five times as long to make as drop cookies. Rolled cookies must be handled carefully since using too much flour in rolling them makes a hard, dry cookie and rerolling the dough makes it progressively tougher. The approved practice is to roll a small amount of dough at a time. It should be as thin as $\frac{1}{16}$ of an inch for a crisp cookie and $\frac{1}{18}$ of an inch for a soft one. Chilling the dough makes handling it easier.



Seven young cooks-and how many kinds of cookies?

Brooks from Monkmeyer

To eliminate the rolling, pieces the size of a walnut may be cut off, rolled into a ball, and flattened with a fork. Rolled cookies do not spread and may be placed close together for baking.

Decorating cookies. Some types of cookies, such as sand tarts and datenut fingers, are rolled in confectioners sugar after they are baked. If the sugar is spread on before the cookies are baked it makes a glaze. Another glaze that is easily produced is beaten egg yolk or slightly beaten egg white placed on before the baking. Both are excellent bases for holding a sprinkle of nuts, sugar, shaved chocolate, candied fruit, or other decoration.

Cake frostings are also sometimes used on cookies—usually in fancy swirls and curlicues.

Baking. Aluminum and tin pans that are 15 x 12 inches or flat cookie sheets that are slightly larger are excellent for baking cookies. If several pans are in use at once—say two in the oven and two being loaded—the time required for baking will be much less. Baking temperatures and times vary due to differences in mixtures, sizes, and shapes. The amateur must avoid overbrowning the cookies. Refrigerator, rolled, and pressed cookies take about 6 to 12 minutes to become delicately browned. Bar cookies take about 20 to 35 minutes. Drop cookies take 10 to 15 minutes and are done when a finger impression does not remain.

Cookies should be cooled completely before they are stored. Soft cookies remain soft if an apple or an orange is placed in the jar. Crisp cookies must go in a tightly covered jar. If in spite of that they get flabby, they may be placed in the oven for a few minutes to restore their crispness.

BUTTERSCOTCH REFRIGERATOR SLICES

(3 dozen)

Assemble these utensils:

measuring cups measuring spoons mixing bowl wooden spoon

sifter egg beater waxed paper

baking sheets sharp knife for nuts (optional)

chopping board for nuts (optional)

Assemble these supplies:

2 cups sifted enriched flour

½ teaspoon baking powder

½ teaspoon salt

2/3 cup butter or margarine

34 cup brown sugar, well packed

1 egg, well beaten

1 teaspoon vanilla

2/3 cup pecans, finely chopped (optional)

Steps in preparation:

- 1. Sift flour, measure, add baking powder and salt, and sift together.
- 2. Cream shortening, add sugar, beat until fluffy, add egg and vanilla.
- Add dry ingredients, about 6 tablespoons at a time at first and a smaller amount toward the last when the dough has become stiffer.
- 4. With your hands press the dough together. Mold it into a roll and wrap in waxed paper. Chill for several hours or overnight.
- 5. To bake, slice 1/8 inch thin and place on an ungreased cookie sheet. Bake 6 to 8 minutes until a delicate brown in a preheated oven at 400° F.

Good refrigerator cookies have these qualities:

uniform, thin slices, a rich flavor,

crunchy texture,

a lightly browned surface.

BROWNIES

(16 squares)

Assemble these utensils:

measuring cups measuring spoons wooden spoon egg beater

fork sifter

mixing bowl chopping board sharp knife double boiler

pan—8 x 8 x 2 inches

toothpick cake cooler

Assemble these supplies:

½ cup sifted enriched flour

½ teaspoon baking powder

½ teaspoon salt

3 squares unsweetened chocolate (3 ounces)

1/3 cup shortening

2 eggs

1 cup sugar1 teaspoon vanilla

1 cup nuts coarsely chopped

Steps in preparation:

1. Oil the pan and set the oven at 350° F.

2. Sift the flour, measure, add baking powder and salt, and resift.

3. Melt the chocolate and shortening in the top of a double boiler over boiling water. Remove when melted.

4. Beat the eggs well, add sugar and vanilla. Mix well. Stir in melted shortening and chocolate.

5. Add the flour, blend well. Add the nuts and stir only enough to blend in.

6. Spread in the greased pan, bake for 30-35 minutes.

Test with a toothpick. When stuck in the middle of the baked batter the toothpick should come out clean and the top crust should be glossy and firm.

8. Place pan on the cake cooler. When thoroughly cooled cut in squares and remove the squares carefully.

Good bar cookies have these qualities:

a uniform well-cut shape,

a thickness of approximately 1/2 inch,

a moist, cake-like texture,

an appealing flavor,

a delicately browned surface.

OATMEAL COOKIES

(3 dozen cookies)

Assemble these utensils:

measuring spoons measuring cups

Assemble these supplies:

½ cup shortening
1 cup brown sugar

Assemble these utensils (continued): Assemble these supplies (continued):

fork mixing bowl sharp knife sifter

wooden spoon for mixing

chopping board pan for oatmeal egg beater

2 teaspoons for dropping

baking sheets spatula 2 eggs, well beaten

½ cup milk

2 cups raw rolled oats

13/4 cup sifted enriched flour1 teaspoon baking powder

½ teaspoon salt

1 teaspoon soda

1 teaspoon cinnamon

1/2 teaspoon ground cloves

½ teaspoon allspice

1 cup raisins

½ cup nuts (optional)

2/3 cup dates, chopped

Steps in preparation:

- 1. Set the oven at 350° F.
- 2. Lightly oil the cookie sheets.
- 3. To obtain a nutlike and delightful flavor place the oatmeal in the oven to toast at 350° F. until lightly browned.
- 4. Cream the shortening, add sugar gradually, and blend well.
- 5. Add the beaten eggs, milk, oats, and blend well after each addition.
- 6. Mix and sift together the flour, spices, baking powder, soda, and salt.
- 7. Then add the flour mixture to the creamed materials and stir in the chopped dates, raisins, and nuts.
- 8. Drop by the teaspoonful using another teaspoon to push the batter off, on oiled baking sheets and allow about 3 inches between cookies for spreading.
- 9. Bake 10 to 12 minutes or until a delicate brown.

Good dropped cookies have these qualities:

a fairly uniform mound shape, an interesting or novelty texture, a well-flavored body, a delicately browned exterior.

The Quaker Oats Company Oatmeal cookies, fruit, and milk make a wonderful snack.



SPRITZ COOKIES

(3 dozen cookies)

Assemble these utensils:

sifter

measuring cups measuring spoons

fork

wooden spoon mixing bowl

cookie press

cookie sheets

spatula

Assemble these supplies:

2 cups sifted cake flour

1/4 teaspoon salt

3/4 cup butter or margarine

1/2 cup sugar 1 egg yolk

1/2 teaspoon almond extract

Steps in preparation:

- 1. Sift flour, measure, add salt, and resift.
- 2. Cream the shortening until fluffy.
- 3. Add the sugar to the shortening gradually and beat. Add the egg yolk and the almond extract. Blend well.
- Combine the flour into the creamed mixture. Make into a smooth dough. Chill in refrigerator until firm.
- 5. Set the oven at 375° F. Lightly oil the baking sheets.
- Select any desired disks and assemble the cookie press. Pack it with dough.
- 7. Carefully place the press on a cool cookie sheet, form the cookies and decorate each one with a nut slice, or a sliced candied cherry, if desired. The sheet must be cool or the cookies will look blurred.
- 8. Bake 8 to 10 minutes until very delicately browned.

Good press cookies have these qualities: a rich and tender texture, an interesting assortment of sizes and shapes, an attractively browned exterior.

PEANUT-BUTTER COOKIES

(41/2 dozen)

Assemble these utensils:

sifter

measuring cup measuring spoon mixing bowl wooden spoon

chopping board

sharp knife spatula for handl

spatula for handling cookie cutter

Assemble these supplies:

2 cups sifted enriched flour

11/2 teaspoons baking powder

½ teaspoon salt

½ cup peanut butter

2 tablespoons margarine

1 cup sugar

1 egg

1 teaspoon vanilla

1/3 cup milk

Assemble these utensils (continued): Assemble these supplies (continued):
rolling board For topping:
rolling pin, with cover if possible baking sheets

1/2 cup peanuts, chopped

Steps in preparation:

- 1. Sift together the flour, baking powder, and salt.
- Cream the shortening until fluffy, add the peanut butter and blend well, then the sugar, egg, and vanilla.
- 3. Stir in the flour mixture alternately with milk. Add flour enough to make a stiff dough that will roll; it may take 2 tablespoons more or less.
- 4. Wrap in waxed paper and place in refrigerator to chill before rolling.
- 5. Set the oven at 375° F.
- 6. When the dough is well chilled, place a portion on a lightly floured board, roll 1/8 inch thin using strokes from the center out.
- 7. Flour the cookie cutter. Transfer dough to the cookie sheet with a spatula. Use an ungreased cookie sheet.
- 8. Sprinkle cookies lightly with chopped nuts.
- 9. Bake 8 to 10 minutes until a very delicate golden brown.

Good rolled cookies have these qualities:

- a thin, uniform shape,
- a crisp or soft texture (depending on variety),
- a decided pleasing flavor,
- a lightly browned color.

To keep soft cookies moist and crisp ones dry, store each type separately.

Calumet Baking Powder



SUMMARY

- The two general types of cakes are butter, which contains fat and a chemical leavening agent, and sponge, which contains neither.
- 2. There is also a third type of cake, a chiffon cake, which combines some of the features of the other two.
- 3. The ingredients of cakes are: flour, sugar, liquid, egg, flavoring, and in butter cakes: fat and an added leavening agent.
- 4. Ingredients should be at room temperature.
- 5. There are two good methods of mixing butter cakes: the standard and the one-bowl method.
- 6. The one-bowl is the quicker and safer, but can be used only with recipes specifically for that method since the proportions are different from those used in the other method.
- 7. There is a relationship between the excellence of the product and the size of the pan.
- 8. Frostings may be cooked or uncooked. The uncooked kind is often used for sponge cakes.
- A filling limits a cake to immediate use because the layers soon become soggy.
- Cookies are classified acording to their method of preparation as bar, drop, refrigerator, rolled, and pressed.
- 11. Refrigerator and bar cookies are quick and easy to make. Drop, press, and rolled cookies require more of the cook's time.

ACTIVITIES

1. List:

- a. six prerequisites of successful cake making.
- b. several of your favorite cakes and figure up their costs, ingredient by ingredient.
- c. several good practices used in frosting cakes. Compare the cost and quality of similar cooked and uncooked frostings.
- d. the food values of the two cakes for which recipes are given in this section. Include the frosting.
- 2. Prepare several types of cookies and a cake to be served with a fruit-juice drink at some class or group meeting. Decorate some of the cookies.
- 3. Collect pictures and recipes of cookies and cakes from home magazines.

 Assort them as to type, based on method of preparation.

4. Plan:

- a. a birthday cake for the next member of your family who will have a birthday.
- b. and prepare and serve refreshments of cookies or cup cakes for a group of your friends on Friday evening.



Courtesy Sealtest Consumer Service

PART 7

PIES AND FROZEN DESSERTS

THE PARTS OF A PIE

In the thirteenth century Saint Louis awarded statues to French cooks for excellence in pastry-making. Pies were so popular that they were sometimes even accepted as payment for rent. In our own country George Washington wrote to an expected guest, "If cook is in a good humor, I may induce her to make some of her famous apple pies." Mention of apple pie recalls Henry Ward Beecher's much-quoted description, "Not that apple pie is no longer apple. It, too, is transformed and the final pie, though born of apple, sugar, nutmeg, cinnamon, and lemon, is like none of these but the compound ideal of the all, refined, purified, and by fire fixed in blessed perfection."

Surveys of public opinion show that pies are the all-American favorite dessert and rate in the following order: apple, cherry, lemon, pumpkin, chocolate, custard, and mince. The second choice in desserts is ice cream and the third, pie à la mode, or pie topped with ice cream, combines the two.





Procter & Gamble



Cut shortening into flour with a pastry blender. Roll on a lightly floured board. For a single crust, trim edge half an inch from edge of pan, fold over, and flute with your fingers.

Pastry. To make flaky pastry is the ambition of many a cook. No filling, however delicious, can make a pie acceptable if the crust is poor. Pastry refers to crusts used for pies, tarts, turnovers, and cobblers. There are just four ingredients: flour, fat, salt, and water.

Increasing the proportion of fat and using a different mixing technique produces puff pastry and the pastries used for French pastries. Some modern recipes call for crumb crusts. These are simple crusts made from pulverized

WHAT GOES INTO PASTRY

INGREDIENT	FUNCTION
Flour	Used for the framework. All-purpose flour makes the superior crust; cake flour makes a crumbly crust; bread flour makes a heavy crust.
Shortening	Used for tenderness or "shortness." Vegetable fats make a flaky, tender crust; lard a short tender crust; and butter a crumbly yellow crust.
Water	Used for binding the ingredients. Ice water produces a flaky crust; hot water a mealy crust. One of the difficulties in making pastry is using too much water. The pastry is then hard to handle.
Salt	Used for flavor. Without salt, pastry has a flat taste.

vanilla wafers, graham crackers, gingersnaps, corn flakes, rice flakes, or zwieback mixed with softened butter and sugar. This is not the traditional crust, but it is satisfactory and is gaining in popularity.

There are specialized techniques used in mixing pastry. Attention to and practice of these techniques will eliminate guess work and chance. The standard pastry is flaky, tender, and light. To obtain flakiness the fat must be cut in with a pastry blender or two knives. Some experienced cooks use their finger tips for this, but novices always overmix when using this method. To obtain tenderness, keep the mixing time to a minimum. Also be sure that the baking temperature is correct. For lightness, the pastry must be handled carefully and chilled before rolling. A heavy canvas cover for the board and a stocking for the rolling pin make pastry-making easier. The two mistakes that the inexperienced cook makes are *overmixing* and *overhandling*. Both or either one will always bring disappointing results. The recipe given in this chapter is not the conventional one. It has been especially developed for the beginner and is almost calamity-proof. Water is given in a definite amount and there is little danger of overmixing.

Pastry may be baked in aluminum, oven glass, or tin. The pans come in 8-, 9-, and 10-inch size with a depth of at least 1½ inches. Pastry for tarts may be baked in a tart tin or on the inside or outside of a muffin tin. It is better not to bake more pastry than you need immediately as stored pies become soggy and lose their flavor whereas uncooked pastry stores satisfactorily in the refrigerator. It should be given time (about 1 hour) to come to room temperature after refrigeration before it is rolled.

Fillings. Too scant a filling does not produce an attractive pie. On the other hand if it is filled too full a pie will overflow and make it necessary to do the time-consuming job of cleaning the oven. The amounts of filling for the size of the pans have been standardized as:

2½ cups filling for an 8-inch pie,3¼ cups filling for a 9-inch pie,4 cups filling for a 10-inch pie.

Apples, peaches, sour cherries, rhubarb, apricots, grapes, blueberries, and blackberries make colorful pies with a special taste appeal. The fruits can be used fresh, dried, canned, or frozen. The juice is thickened with some form of starch and sugar may be added for sweetness. Attractive lattice crusts show these fillings to the best possible advantage and a built-up crust edge insures that there will be no loss of juice and oven-cleaning. These pies should be served just barely warm. The extremes of heat and cold affect flavor.

Cream pies are made from egg, milk, a thickening agent such as flour or cornstarch, and the flavor might be chocolate, lemon, coconut, banana, or butterscotch as desired. These ingredients are cooked to remove an unpleasant starchy flavor and to obtain a consistency stiff enough so that the slice of pie holds its shape when served. The filling material is cooled, added to the prebaked crust, covered with a light meringue topping, and baked just until the meringue is a golden brown. This kind of pie is served completely cooled.

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Chiffon pies are a new development and may be quite dramatic with their thick, fluffy filling. Gelatin is the ingredient that gives body enough to the filling to pile it several inches high. The beaten egg white and the whipped cream on top also add to the volume. These pies are not placed in the oven for baking. Instead they are put in the refrigerator so that the gelatin becomes

Toppings. There are several kinds of toppings. Meringues are beautiful when they are piled high and delicately browned. They have a bold, swerved, unlabored look. It is well to mention that meringues must be baked slowly at a low temperature to be attractive. Whipped cream is an effective topping. Cheese may be grated or sliced thin over the crust and then placed under the broiler to melt. This is good on apple and a few other kinds of pies. It may also be served in small squares as an accompaniment to the pie. Pastry itself may be made festive by cutting it into lattice strips or special shapes such as stars or leaves or hatchets. A beaten egg-yolk thinned with an equal amount of water may be brushed over it to give it a glaze. Of course, ice cream is popular as a topping—especially vanilla ice cream on fruit and berry pies.

PASTRY (2 9-inch crusts)

Assemble these utensils:

2 medium-sized mixing bowls flour sifter

2 measuring cups measuring spoons

pastry blender or 2 knives

fork spatula waxed paper rolling pin pastry board shears

rubber scraper pie pan-9 inches

Steps in preparation:

1. Sift the flour onto a square of waxed paper. Measure carefully, add the salt, resift into the mixing bowl.

2. Take out 1/3 cup flour and mix with 1/4 cup water in second mixing

bowl. Use a fork to form a paste.

3. Cut shortening into the flour left in the first bowl, using a pastry blender or knives. Cut only until the shortening is the size of peas. Do not cut any finer than the size of small peas.

4. Add the flour paste to the fat-flour mixture. Scrape all the flour paste out carefully for all of it is needed.

Assemble these supplies:

21/4 cups sifted enriched flour

1 teaspoon salt

3/4 cup vegetable shortening

1/4 cup water (4 tablespoons)

- 5. Mix these two with a fork until well blended.
- 6. Roll in waxed paper and chill for 20 minutes.
- Divide the chilled dough in half, place half on the board for rolling.
 The board should be prefloured with 1 tablespoon flour.
- 8. Roll out the dough with short light strokes always from the center to the edge.
- 9. Roll lightly to 1/8 inch thickness to a circular form to fit the pie pan.
- For the 9-inch pie, roll to about 13 inches in diameter to allow for sides and edge.
- Loosen pastry with a spatula, if necessary, and fold the circle in half for easy handling. Lift carefully and place in the pan.
- 12. Unfold and allow to stand for 5 minutes and fit into the pan without stretching. Press firmly around the edges and bottom.
- 13. Add the filling to the pie.
- 14. Roll the other half of the dough. Make a few cuts so that there will be steam vents.
- 15. Fold it double for easy handling. Place on the top of the filling and cut ½ inch beyond the bottom crust.
- 16. Fold the top edge over the lower and flute with fingers or with a fork.
- 17. Place the pie in a preheated oven at about 400° F. The temperature, of course, depends upon the kind of filling.

SINGLE CRUST

(9-inch pie)

Use the same mixing and rolling techniques as for the bottom crust, but reduce the ingredients to these amounts:

Assemble these supplies:

11/2 cups sifted enriched flour

½ teaspoon salt

½ cup shortening

3 tablespoons water

Other differences are:

- 1. Set the oven at 425° F.
- 2. Take out 1/4 cup flour and mix with water to form a paste.
- 3. Prick bottom crust with fork before baking.
- 4. Bake 10 to 12 minutes until a delicate, golden brown.

Good pastry has these qualities:

- a tender, flaky, light texture,
- a good flavor,
- a blistered appearance,
- a lightly browned color,
- a texture that cuts easily with a fork,
- a body that holds its shape when filled.

CRUMB CRUST

(9-inch pie)

Assemble these utensils:

pastry board rolling pin measuring spoon measuring cup mixing bowl spoon fork pie pan—9 inch Assemble these supplies:

1½ cup cookie or cereal crumbs
(6 ounces)

1/3 cup softened fortified margarine or butter 2 to 4 tablespoons sugar

Steps in preparation:

1. Butter the pie pan carefully.

2. Soften the butter with a fork or start with butter at room temperature.

Crush the wafers with the rolling pin. Add the sugar and softened fat. Mix well.

4. Press this well-blended mixture firmly and evenly on the bottom and sides of the pie pan.

5. Set the oven at 375° F. When the oven is hot, place the crust in for a 10-minute cooking period. Cool before using.

6. Refrigerator chilling for 1 hour may be used instead of baking.

Good crumb crusts have these qualities:

an interesting sweetened flavor, a color consistent with ingredients, a texture that cuts successfully, an excellent shape.

APPLE PIE

(9-inch pie)

It is of great importance to use the proper apples. Varieties like Duchess, Wolf River, Greening, Winesap, or Rome Beauty are right for pie. A little more tartness can be added by a little lemon juice or a bit of grated lemon rind.

Assemble these utensils:

knife apple corer measuring spoon measuring cup mixing bowl lemon reamer . pie pan Assemble these supplies:

unbaked pastry for 2 crusts

4 cups apples (about 6 apples)

3/4 cup sugar

1 tablespoon lemon juice

½ teaspoon cinnamon or nutmeg pinch salt

2 tablespoons flour

2 tablespoons butter or substitute

Steps in preparation:

- 1. Wash, core, peel, and slice the apples.
- 2. Line the pie pan with pastry.
- 3. Place the apples carefully in the lined pie pan.
- 4. Sprinkle with sugar, flour, salt, and lemon juice. Sprinkle lightly with cinnamon or nutmeg.
- 5. Next, dot with bits of butter.
- 6. Place the top crust on the pie after cutting a few dashes in it or putting in some fork pricks to allow the steam to escape.
- 7. Seal and flute the edges.
- 8. Bake 45 minutes in a 400° F. oven and test with a tooth pick to see if the toothpick pierces the apple easily. When the pie is done, the crust is a light-brown color.

Good fruit and berry pies have these qualities:

a pleasing tart flavor, slightly thickened juice a colorful filling, an appealing aroma, a crisp tender crust.

Ann Pillsbury's Home Service Center



CHOCOLATE MERINGUE PIE

(9-inch pie)

Assemble these utensils:

double boiler

wooden spoon measuring cups

measuring spoon

medium-sized mixing bowl

fork

For the meringue:

rotary beater bowl for beating wooden spoon measuring cup

measuring spoon (optional)

Assemble these supplies:

1 baked 9-inch pie shell

2 squares unsweetened chocolate (2 ounces)

11/3 cups sugar

½ cup flour

23/3 cups milk 4 egg yolks

½ teaspoon salt

1 tablespoon butter or fortified margarine

2 teaspoons vanilla For the meringue:

> ½ cup sugar 4 egg whites

pinch of salt ½ teaspoon vanilla (optional)

Steps in preparation:

- 1. Melt the chocolate in the top of the double boiler over hot water.
- 2. Blend 1 cup sugar and the flour, then mix into the melted chocolate.
- 3. Gradually add the milk, stirring constantly. Then cook over hot water for 20 minutes or until thick, still stirring constantly.
- 4. Cover and cook for 10 minutes longer.
- 5. Separate the eggs. Reserve the whites for the meringue.
- 6. Place the yolks in the mixing bowl, beat with a fork, and add the remaining 1/3 cup sugar. Add to the chocolate mixture.
- 7. Return to the top of the double boiler, cook for 5 minutes.
- 8. Remove from the heat, add salt, butter, and vanilla. Set aside to cool.
- 9. Set the oven at 350° F.
- 10. Pour the cooled filling into the prebaked pie shell.
- 11. Add the pinch of salt to the egg whites and whip until very stiff, but not dry. The whites beat to a better volume when they are at room temperature.
- 12. Add the sugar, a tablespoon at a time, and fold in until it is dissolved. Add vanilla if desired.
- 13. Heap lightly on the filling being careful to extend the meringue to the edge of the crust and pile it high toward the center. Strive for a piledhigh appearance, for when it is smoothed it becomes very uninteresting.
- 14. Place in the oven for 20 minutes or until the meringue browns lightly.
- 15. Remove from oven and cool away from drafts which would cause the meringue to shrink.

A good cream pie has these qualities:

a smooth rich texture,

a well-flavored filling,

a consistency that remains well shaped for service,

a crisp undercrust,

an ample, delicious, browned meringue.

A good meringue has these qualities:

a volume of 1 ½ inches or higher,

a texture that will cut smoothly,

a light golden or straw-colored appearance,

a crisp exterior,

a soft interior.

LEMON CHIFFON PIE

(9-inch pie)

Assemble these utensils:

measuring spoons measuring cup

grater

lemon reamer

2 mixing bowls

fork spoon

rotary beater

double boiler Garnish (optional):

mixing bowl rotary beater

Assemble these supplies:

1 baked crumb crust

1 envelope unsweetened gelatin

(1 tablespoon)

1/4 cup cold water

4 eggs separated

1 cup sugar

½ teaspoon salt

1 teaspoon grated lemon rind

½ cup lemon juice

Garnish for serving (optional):

½ cup heavy cream

Steps in preparation:

- 1. Soak the gelatin in cold water in the mixing bowl for 5 minutes.
- 2. Separate yolks from egg whites. Squeeze lemons.
- 3. Combine the beaten egg yolks, ½ cup sugar, lemon juice, and salt in the top of the double boiler.
- 4. Cook until smooth and thick, stirring constantly.
- 5. Add to the gelatin and dissolve well by stirring.
- 6. Grate lemon rind. Stir in, chill until the mixture sets.
- 7. Beat the egg whites until stiff and gradually add the $\frac{1}{2}$ cup sugar by folding it very carefully into the mixture.
- 8. Fold all ingredients into the cooked custard.
- 9. Place into the baked shell and pile light and high.
- 10. Place in the refrigerator to chill for several hours before serving.
- 11. If used, whip the cream when ready to serve and top the pie lightly.

A good chiffon pie has these qualities:

a light fluffy texture,

a delicate coloring,

an appealing flavor,

a large spongy volume,

a perfect shape for serving,

a thin crust,

a well-chilled temperature.

FRUIT TARTS

(4 tarts)

Assemble these utensils:

rolling pin

rolling board

knife

4 tart shells or a muffin tin

measuring cup

measuring spoon sieve for draining

mixing bowl

double boiler For topping:

n top bowl

rotary beater

Assemble these supplies:

1 recipe unbaked pie pastry

2 cups sweetened cherries or 4 canned-peach halves

3/4 cup fruit juice

2 tablespoons sugar

1 tablespoon cornstarch

For topping:

1/4 cup heavy cream, whipped

Steps in preparation:

1. Roll and cut pastry in 4½-inch circles.

- Place on or in muffin pans and bake in a preheated 425° F. oven for about 8 minutes until golden brown.
- 3. Cool and then remove the crust from the pans.
- Drain the juice from the fruits and add cornstarch and sugar that have been well mixed.
- Cook for about 20 minutes over a low fire. Place over hot water and cook for 20 minutes longer.
- 6. Chill the thickened juice thoroughly.
- 7. When ready to assemble the tarts, follow this procedure:

Whip the cream. Place the tarts on the serving plates, hollow side up. Add fruit. Pour cooled sauce over each one. Top with whipped cream.

A good fruit tart has these qualities:

an attractive appearance,

a slightly thickened fruit filling,

a glazed thickened juice,

a well-formed golden shell,

a topping of whipped cream.

FROZEN DESSERTS

Frozen desserts were served in the days of Nero. They were prepared from sweetened fruit juices and pulp and frosted with ice brought from the mountains by runners. In 1191, Saladin, leader of the Mohammedan armies, served Richard the Lion-Hearted with a frozen dessert. It is thought that these sherbets originated in China, then spread to Arabia, Persia, and Turkey. Marco Polo brought recipes from China for frozen desserts not unlike our milk sherbets. These soon became very popular in Italy. When Catherine de' Medici, left her own country as a bride, she took many of her chefs with her to France. Frozen desserts soon became popular in France and news of them spread to England. King Charles I of England paid 500 pounds a year for the use of secret recipes so that frozen desserts might be served in his royal palaces.

By 1777, ice cream had found its way to America and was sold in New York City for a few hours on certain days. George Washington enjoyed frozen desserts so much that he bought a machine which made ice and also some "ice cream pots." Dolly Madison, the charming wife of our fourth President, began serving ice cream at open-house affairs at the White House. Ice cream became a favorite dessert. At this time, it was prepared by placing cooked

For gala desserts there's nothing like ice cream with fancy trimmings.



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custard in the ice-cream pot and shaking it up and down in a salty ice solution until it was frozen. In 1846, Nancy Johnson made a freezer that was turned by a crank and this made home production easy. Later inventions have simplified the process so that these desserts may now be readily prepared at home.

Preparation. There are three general types of frozen desserts with many varieties of each: fruit ices, frappés, and sherbets; ice creams; and mousses and parfaits. All of these types are composed of small ice crystals. Many factors influence the formation of these crystals and the problem is to retard their formation so that the desserts will have a pleasing texture. The first two groups are stirred during the freezing process to break up these crystals, but even so they are quite noticeable in ices and sherbets, because the ingredients do not retard their formation. Mousses and parfaits, on the other hand, are so rich and contain so much cream, egg, and gelatin that it is not necessary to stir them during freezing.

There are two alternate methods of freezing and stirring sherbets and ice creams. The old-fashioned hand-freezer method produces the best texture due to the beating action of the dasher. After chilling, the mixture is placed in the well-scalded freezer. The can should not be more than ½ full since the frozen mixture expands about ½ during freezing. Ice is crushed with a mallet and packed alternately with coarse ice-cream salt around the tightly-closed can in the proportions of 6 parts ice to 1 part salt. The handle is turned as long as possible. Then the dasher is removed and the ice cream or sherbet is packed down, covered with waxed paper, recovered with the metal top (which has been closed with a cork), and packed again in the ice mixture. It should remain packed for several hours before serving as the flavor mellows and blends and the texture improves.

The other method is to freeze the dessert in the refrigerator. The "grain" is broken by removing the ice cream or sherbet from the tray when it is still in the mushy stage, placing it in a chilled bowl and beating vigorously. A second beating will improve the texture even more. Freezing time depends upon the character of the mixture, the depth of the tray, and the freezing rate of the refrigerator, but the usual time is about 2 hours.

Ingredients. Frappés, fruit ices, and sherbets are prepared from sweetened fruit juices. Frappés are frozen to a coarse, mushy stage and ices are frozen to a firmer texture. Sherbets contain beaten egg white or gelatin for improved texture and sometimes they also contain milk—a variation that is especially good.

Thin cream or milk is the foundation of ice cream. Heavy cream adds richness, smoothness, and retards crystal formation. Eggs add richness too and act as binders and thickening agents. In some ice creams starch or gelatin may be used alone or in addition to eggs. The three types of ice cream are Philadelphia, custard, and French. Philadelphia is made by combining thin cream, a binder, sugar, and flavoring. American or custard ice cream starts with a soft custard with added cream for flavor and richness. French ice



The Borden Company

This is the way ice cream should look after being beaten.

cream is a very rich custard with eggs as well as heavy cream added. Needless to say, it is the richest and best.

Ice cream can be served plain or in any of a number of combinations. Butterscotch, chocolate, fruit, or berry sauces will convert it into a sundae which may be topped with chopped nuts and whipped cream—if calories are no consideration. It may be contained in tart or cream puff shells and topped with crushed fruit or served in frosted drinks or malted milks. Sometimes for parties or special occasions several flavors of ice cream are combined in a mold. The result is called a bombe. A popular use is that standby favorite, pie à la mode.

The ingredients for parfaits and mousses are the same as for ice cream, but the proportion of whipped cream is higher and the flavor and color are usually stronger. In addition they are served with more whipped cream. Parfaits are prepared by pouring a hot syrup over stiffly beaten egg whites and then folding in whipped cream, fruits, and nuts. The true parfait has a much more delicate texture than ice cream. The mixture is frozen without stirring and when served, it is placed in tall slender parfait glasses alternated with crushed fruit and topped with whipped cream. Mousses are made with crushed fruits or other flavors, with added gelatin, whipped cream, and other ingredients to make a spongy, rich mixture which may be frozen in the refrigerator tray or in a special mold.

There is no more appetizing form to include milk, cream, eggs, and fruit in the diet than frozen desserts and they are recommended for children and convalescents as well as for general use. All of these desserts may be stored in the freezing unit of the refrigerator for several days, but it is very important to keep them in the frozen state.



The Borden Company

For a hot day-lemon sherbet and frosted butter cake.

LEMON SHERBET

(Number served: 6)

Assemble these utensils:

measuring cups wooden spoon rotary beater mixing bowl saucepan

Steps in preparation:

bowl

Assemble these supplies:

1 cup sugar pinch salt

1 cup water ½ cup thin cream

½ cup lemon juice

2 egg whites

- 1. Combine ¾ cup sugar, salt, and water. Cook for 5 minutes and cool.
- When the syrup is cool, add the cream, mix well, and add the lemon juice.
- Freeze until mushy in the refrigerator tray. The cold control should be high.
- 4. Turn into a chilled bowl, beat thoroughly.
- 5. Beat egg whites stiff, slowly add 1/4 cup sugar and fold carefully until the sugar is dissolved. Then fold into mixture.
- Return to the tray and freeze firm. Return the control to normal operating speed.

Good fruit sherbet has these qualities:

a smooth texture.

a delicious fruit flavor,

a tart and refreshing body,

an attractive color.

VANILLA ICE CREAM

(Number served: 6)

Assemble these utensils:

measuring cup measuring spoon double boiler

wooden spoon

small mixing bowl

fork

bowl for whipping cream

rotary beater mixing bowl Assemble these supplies:

½ cup sugar

1 tablespoon cornstarch

1½ cups top milk

2 eggs, separated pinch salt

2 teaspoons vanilla

1 cup heavy cream

Steps in preparation:

- 1. Combine the sugar and cornstarch in the top of the double boiler.
- Gradually add the milk, mix well, place over boiling water and stir until it thickens.
- 3. Cover and cook for 10 minutes.
- 4. Beat the egg yolks with a fork in a small mixing bowl.
- 5. Stir a little of the hot mixture into the beaten egg yolks.
- 6. Return to the top of the double boiler after all the mixture has been added and continue cooking and stirring for 5 minutes.
- 7. Remove from the fire and cool.
- 8. When the custard mixture is cool, beat the egg whites stiff, add the salt, and fold into the custard. Add the vanilla.
- 9. Pour into the refrigerator tray and freeze. Set the cold control high.
- 10. When the mixture is frozen so that it is almost firm, whip the cream.
- Remove the ice cream from the tray to the chilled bowl and break it up with a spoon.
- 12. Beat until free from lumps, then fold in the cream.
- 13. Return to the refrigerator. Lower the control to normal operating speed.

Good ice cream has these qualities:

- a rich, smooth texture,
- a delicate aroma,
- a color in keeping with ingredients,
- an attractive appearance,
- a firm, good body.



The Borden Company

A delightful fruit and ice cream treat. Strawberry ice cream loaf.

STRAWBERRY MOUSSE

(Number served: 4)

Assemble these utensils:

2 bowls rotary beater fork measuring cup measuring spoon saucepan

mold (if desired)

Assemble these supplies:

1 cup whipping cream

1 cup strawberries

½ cup sugar

2 egg whites pinch salt

1 teaspoon gelatin, unflavored

Steps in preparation:

- 1. Hull, wash, and crush the strawberries.
- 2. Drain the juice from the crushed strawberries.
- 3. Combine the sugar with the drained strawberries.
- 4. Add the gelatin to the juice and allow to soak.
- Place the juice and gelatin over hot water until the gelatin is melted. Cool.
- 6. When completely cool, beat well, and add sugar-strawberry mixture.
- Whip the cream until just stiff, then beat the egg whites, after adding the salt.



There's nothing like home-made ice cream.



An informal and unscheduled ice-tray treat is one of the pleasantest features of family life.

- Fold the fruit into the whipped cream, then fold in the stiffly beaten egg whites.
- 9. Pour into a tray or mold for freezing.
- 10. If a mold is used, place the mixture into the mold and cover with waxed paper. Place the top on the mold, then tape with adhesive tape so no water can enter. Put into a crushed ice and salt mixture using 3 parts ice to 1 part salt and allow to stand 2 to 3 hours.
- 11. Garnish with additional whipped cream and whole berries, if desired.

Good mousses have these qualities:

a rich flavor, a spongy light texture, a delicate attractive color, an interesting mold, an attractive garnish.

SUMMARY

- 1. The ingredients of pastry are just flour, shortening, water, and salt.
- The two mistakes to avoid in making pastry are overmixing and overhandling.
- 3. Crumb pastry may be stored in the refrigerator.
- 4. The problem in preparing frozen desserts is to retard the formation of ice crystals.
- Sherbets and ice creams are stirred during the freezing process for better texture.
- **6.** Mousses and parfaits have such rich ingredients that stirring during the freezing process is not necessary.
- 7. Frozen desserts should remain frozen during storage.

ACTIVITIES

1. Demonstrate:

- a. techniques in pastry-making.
- b. freezing ice cream in a freezer.
- 2. Calculate the food value of a serving of each of the following: apple pie, chocolate meringue pie, lemon sherbet, and vanilla ice cream. Compare these food values with those that you found for cakes. On the basis of your findings, suggest dinner menus to go with each of these desserts.

3. Compare:

- a. the cost and quality of home-made pies with the same kind of bakery pies.
- the cost and quality of home-made ice cream with commercial ice cream.
- c. mixes for pastry, fillings, and ice creams with home-made and with bought ready-made products.

PART 8

A DAY AT HOME

Mary Smith, a homemaking student, had been preparing meals or parts of meals at home as suggested in the activities section of her textbook or by her teacher throughout her course. But now that she had learned how to prepare dinners, as well as lunches and breakfasts, she wanted to do a more ambitious project at home—one that would more nearly resemble the kind of job she was preparing herself to be able to handle. She wanted to plan and cook the family meals for a whole day. She and her mother agreed on Saturday.

The Smith family consisted of Mr. and Mrs. Smith, Mary aged sixteen, and a brother Tom, eight years old. Mary planned the menus well in advance giving thought to the other meals of the week, the family's nutritive needs, and the amount of money set aside for the day's food. She consulted newspaper clippings showing what the food specials in the local stores were for that week. By doing this, she was able to take advantage of sale prices. With Mrs. Smith's approval, the following menus were decided upon:

Breakfast
Orange Juice
Hot Wheat Cereal with Dates
Cinnamon Toast Jam
Milk Coffee

Lunch
Spanish Rice
Cabbage and Apple Salad
Biscuits
Canned Apricots
Milk

Dinner
Tuna Loaf with Egg and Olive Sauce
Green Peas Baked Potato
Whole-Wheat Bread

Milk
Butterscotch Blancmange

Mary chose recipes learned in her homemaking class and felt quite competent to turn in a good performance. She carefully studied the recipes and made two lists: one for food to be purchased and one for the food on hand. She did her shopping on Thursday afternoon after school, since she knew the stores would be crowded on Friday.

MARY'S LIST OF SUPPLIES

FOOD TO BE PURCHASED	FOOD ON HAND	
Breakfast		
8 oranges	Salt	
1 package quick-cooking wheat cereal	Sugar	
1 package dates	Cinnamon	
1 loaf whole-wheat bread	Jam	
2 quarts of milk for beverage	Coffee	
1 pound butter or enriched margarine	Cream	
Lunch		
1 package rice	Salt	
1 can tomatoes	Pepper	
1 green pepper	Chili powder	
1 pound onions	Bacon fat	
½ pound hamburger	Mayonnaise	
1 head lettuce	Flour	
1 head cabbage	Baking soda	
1 large red apple	Shortening	
2 cans milk for cooking purposes 1 number 2½ can apricots		
1 humber 272 can apricots		
Dinner	Soft bread crumbs	
1-pound can tuna fish		
4 baking potatoes	Eggs Salt	
2 pounds green peas 1 lemon	Flour	
1 bunch parsley	Brown sugar	
½ pint cream	Cornstarch	
72 pint cream	Vanilla	
	Sweet pickles	
	Olives	
	Shortening	
	Milk	

Mary planned her time and work schedule for the three meals in relation to her day's program. She decided to do as much as she could in the morning, thus leaving more time during the afternoon for other activities. Tom offered to help with the dishes.

Only by careful planning and good management would it be possible for Mary to complete the preparation of the meals in the allotted time. She



Official Photograph, Board of Education, City of New York Study reports of your local market for economical shopping. Think of your family's preferences, but don't be afraid to try new foods and new recipes.

watched the clock carefully and practiced the good management techniques she had learned in her homemaking class. She knew from past experience that cleaning up as she worked would reduce the amount of confusion in the kitchen and also cut down on clean-up time. By using a tray, she was able to cut down on the number of trips made to the supply and equipment cupboards and also, the number of trips to the table. Paper towels and squares of wax paper on which to sift and measure dry ingredients helped to reduce the number of utensils used. Mary also found that time could be saved by dovetailing jobs. For example, while the tuna loaf was baking, there was sufficient time to set the table, shell the peas, and prepare the sauce for the fish.

TIME SCHEDULE

MEAL	TIME TO BEGIN	TIME TO FINISH	JOB TO BE DONE
Breakfast	8:00	8:05	Night before squeeze orange juice. Store orange juice in a jar with tight cover in refrigerator and set the table. Turn on oven for toast. Assemble supplies and utensils for cereal and coffee.

TIME SCHEDULE (continued)

MEAL	TIME TO BEGIN	TIME TO FINISH	JOB TO BE DONE
	8:05	8:10	Prepare cereal and keep over very low heat or keep hot in double boiler.
	8:10	8:12	Prepare cinnamon-sugar mixture.
	8:12	8:20	Prepare coffee.
	8:15	8:20	Prepare toast.
	8:20	8:22	Pour the milk and water.
	8:25	9:00	Serve and eat breakfast.
	9:00	9:20	Clear table and wash dishes.
Lunch	9:20	9:35	Prepare butterscotch pudding for dinne and place in the refrigerator.
	9:35		Place can of apricots in the refrigerator
	11:00		Turn on oven and set at 350°F.
	11:00	11:05	Assemble supplies and equipment fo
			Spanish rice and biscuits.
	11:05	11:50	Prepare Spanish rice and place in over
	11:15	11:25	Prepare biscuit dough; roll and cut biscuits. Place biscuits on baking shee
	11:25	11:30	Set the table.
	11:30	11:40	Prepare salad.
	11:40	11:52	Place biscuits in the oven.
	11:40	11:45	Open apricots and arrange in servin dishes.
	11:45		Pour milk and water. Place butter on bread and butter plates
	11:50		Place salads on the table.
	11:52		Remove Spanish rice and biscuits from the oven. Place biscuits in napkin of serving tray.
	11:55	12:30	Serve luncheon.
	12:30	12:50	Clear table and wash dishes.
Dinner	5:00	5:55	Turn on oven and set at 450°F. Put potatoes in oven.
		5:05	Assemble supplies and utensils for tun loaf.
	5:05	5:55	Prepare tuna loaf. Reduce oven tem temperature to 350°F, and place i oven.
	5:15	5:20	Set the table.
	5:20	5:25	Shell peas and place in saucepan.
	5:25	5:40	Prepare egg and olive sauce.
	5:45		Put peas on to cook.
	5:46		Pour water and milk.
		5:50	Place bread and butter on plates.
	5:55		Remove potatoes and tuna loaf from oven.
	6:00		Arrange food and serve dinner.
	6:30	6:50	Clear table and wash dishes.

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ACTIVITY

Plan, with your mother, your own home project of preparing a day's meals
by yourself. Include dishes in which you need practice and use the ideas
you have learned in class about nutrition, cookery, and time management
—at the same time trying to please your family with foods they especially
like. Submit a written report to your teacher.

UNIT VI

ENTERTAINING AND SPECIAL MEALS

- 1. Entertaining
- 2. Budget Meals
- 3. Quick Meals
- 4. Food for Children
- 5. Feeding the Convalescent





ENTERTAINING

Entertaining is fun when it is done in a simple, gracious manner. There are numerous occasions for parties: holidays, birthdays, football games, visits from out-of-town friends, but it is not necessary to have a special reason for entertaining. A quiet, informal evening spent chatting with a few friends can be as enjoyable as the most elaborate party.

The guest list, no matter how large or small, requires consideration. The thoughtful hostess invites only those guests who are congenial and who have something in common with each other as well as with members of the family. It is difficult to create an atmosphere of friendliness and warmth if the guests feel strange and restrained.

An invitation should be in keeping with the nature of the occasion. For simple luncheons, buffets, suppers, bridge parties, and small teas an informal invitation may be given over the telephone or in person. However, a written invitation is always in good taste. An informal written invitation is a friendly note which can be written on a sheet of note paper or on a correspondence card. Written in the first person, it should state the nature of the party, the place, the date, the time, and the hostess' name. Here is an example of an informal invitation:

Dear Florence,

My cousin, Sally Clark, is coming to visit me next week and I am inviting a few friends to lunch on Tuesday, December 18, at twelve o'clock to meet her. Can you come? I hope so.

Sincerely,

Ann Bayles

A guest should immediately acknowledge the invitation in similar form. To avoid any misunderstanding, the acceptance should repeat the time and date. For instance:

Dear Ann,

I'd love to meet your cousin, Sally. I am looking forward to seeing you and meeting her next Tuesday at twelve.

Cordially,

Florence Black

A formal invitation may be extended for a large reception, a formal tea, a

formal dinner, or a banquet. It is written in the third person and spaced in phrases rather than written in paragraph form. It includes the type of entertainment, the place, the time, the date, and the hostess' name. For instance:

Mr. and Mrs. Thomas Aitken
request the pleasure of
Mr. and Mrs. Robert Green's
company at dinner
on Wednesday, the tenth of February
at seven o'clock

Mr. and Mrs. Robert Green
accept with pleasure
Mr. and Mrs. Thomas Aitken's
kind invitation for dinner
on Wednesday, the tenth of February
at seven o'clock

BUFFETS

Buffet service is ideal for group luncheons and suppers, receptions, and wedding breakfasts. It gives the hostess the opportunity to entertain a large number of guests at one time without much worry and flurry. A few guests more or less at the last minute just don't matter and even for a large buffet, the family and perhaps one or two friends can easily keep food trays replenished, remove soiled plates, and pass desserts and beverages. There are always plenty of volunteers to help with the small amount of service necessary.

The best menu is a simple one requiring only one plate and no knives per guest. A casserole dish together with a salad and some form of bread is the most suitable menu from all points of view. A casserole is simple to prepare and can be made well in advance. It is easy to serve and eat with a fork, and it can be kept hot without danger of being overcooked. Individual pies, frozen desserts, or cup cakes simplify dessert service.

Generally the center of the room is the best place for the table, but in a small room it may be better to place it against a wall to save space. The table covering should be in keeping with the occasion. For buffet parties of a formal nature, embroidered lace or fine linen cloths are excellent. However, it is quite correct to use only a runner or even the bare table. Of course, this can be done only if the table has a lovely finish and is well polished. It is wise to put a protecting coat of wax on the table just before setting it. For the informal buffet party, gaily colored cloths of any material may be used.

An artistic arrangement of flowers and fruit or a combination of both will add to the beauty of the table and lighted candles are very effective after twilight. Figurines, vases, and other decorations can be used to develop a special theme. The food and utensils should be arranged so that they make an attractive pattern and are easy for the guests to assemble. For instance, place water glasses where they will be picked up last as guests will have a



Courtesy of Gorham Sterling

plate in one hand and will need the other to serve themselves until they are ready to move away. One way to arrange the table is to put the main dishes of hot or cold food and the serving silver to be used with them at the ends of the table. With this arrangement the water pitcher and glasses could be put on a side table nearby. Foods such as hot breads, pickles, relishes, jams, and jellies should be placed not too far from the edge of the table so that they may be easily reached. During the course of the meal the table must be kept looking neat and attractive. Empty or nearly empty platters should be refilled.

ONE-WORLD DINNERS

When the United Nations headquarters were moved to New York City, our international interest was alerted and we became more than ever concerned with how people from other countries think and react, how they dress, and what their food customs are. Even a casual study of food patterns shows that they are as colorful and as different as the brightly colored flags of all the nations that were placed at the entrance to the headquarters ground. Once you have mastered the basic cooking given in this text, you may want to try your hand at some foreign recipes or menus or some regional dishes from your own country. See the "References" in the back of this book for guidance.



Official Photograph, Board of Education, City of New York
The table fare of America has been enriched by foods and recipes from all over the world.

A national meal can be the keynote for a gay, informal party. The scheme can be carried out in decorations and service as well as menu. You can even dress the part and ask your guests to come in improvised costumes. That should put them in the proper mood at once.

You have a wide field to choose from. From Mexico and our own Southwest come tamales, Mexican rice, chili con carne, enchiladas, and tortillas. These foods, resembling those of the parent country, Spain, make liberal use of the tomato, onion, and many highly flavored peppers.

The Scandinavian countries produce superlatively good appetizers, fish soups not unlike our chowders, and their own special meat balls. Their indescribably delicious yeast breads filled with raisins, spices, almonds, and butter accompany their much enjoyed coffee. The so-called Danish pastries are filled with cheese and fruits. The British excel in the art of roasting meats and preparing scones, teacakes, crumpets, small cakes, marmalades, and crackers to accompany teas. The English plum pudding is almost synonomous with Christmas all over the world.

Italian foods are hardy and highly seasoned. They use the many varieties of alimentary pastes, eggplant, cauliflower, tomatoes, and romaine in great abundance as they do fruits and cheeses. French foods are characterized by their subtle seasoning, brought out in a long, slow cooking process. We have adopted such favorites as omelets, salad dressings, superb sauces, special chicken casseroles, and pastries.

Germany is known for its good yeast breads, potato pancakes, pumpernickel, and rye breads, heavy lentil and wurstsuppe soups, highly seasoned sausages and kraut, "sweet and sour foods," and desserts such as jelly doughENTERTAINING [323

nuts, butterkuchen (cinnamon butter cake), and obstkuchen (apple, plum, and peach cakes). Hungary is the home of the goulash; the bright red, piquant paprika; noodles; dobos torta (a delectable cake of many thin layers filled with a rich mocha). Austria is famed for rich chocolate pastries that accompany their afternoon coffee ceremonials. Switzerland shows the influence of all of its neighbors but makes its own contribution of fine cheeses. This small country has trained world-famous chefs for centuries.

From Russia and Poland we get hearty stews, borsch (beet soup), buck-wheat pancakes (blini) with various fillings, excellent tortes, and abundant use of sour cream in all kinds of cookery. Shashlik is lamb, onion, and mush-room broiled on a skewer until done. The Easter paskha is a desert of cottage cheese and candied fruit made in a decorative mold.

In China foods are delicately flavored and in small pieces so that they may be eaten with chopsticks. Egg rolls are thin pancakes filled with sea food, chestnuts, and other delicacies and then fried to a golden brown; rice is cooked to perfection with each grain separate. Pai kwat (spare ribs) is very popular in American-Chinese restaurants as are the almond and moon cakes served with their excellent tea. In each kitchen there sits a Kitchen God to prevent failures in food preparation. India is known for its abundant use of curry powder in the preparation of fish, meat, rice, and vegetables. This powder is combined from several spices and golden-yellow saffron. Khir is their unforgettable rice pudding made with almonds, coconut, and nuts.

In spite of all these variations, you will find some striking similarities in the foods of different countries. For example, stew is universal even though in Paraguay it is called *zoo topsy*, in Sweden, *hakarpanna*, in France, *boeuf Provencale*, in Japan, *su-ka-ya-ki*, and we call it Irish stew. You will be surprised to find that sometimes just little touches will turn your own standard recipes into exotic foreign foods.

TEA AND PUNCH PARTIES

Small teas provide good practice for "hostessing." Serving tea or orangeade to your mother's friends when they drop in for an afternoon visit will make you a smoother hostess in the future as well as please your mother and her guests. A larger, more formal tea or punch party may be given to introduce a friend to a number of other friends, announce an engagement, or just to entertain a large group.

For a small tea select a pleasant spot in the living room or sunporch. A small table covered with a cloth is all that is necessary to hold the tea tray or soft-drink pitcher and plates of cookies or sandwiches. For a larger tea the dining room, if there is one, is the best place to serve, although most of the guests will take their refreshments back to the living room. For this reason it is a good plan to remove pieces of furniture that are very bulky and take up a good deal of space, tables that will tip easily, and any small objects that may be in the way. Chairs placed in group arrangements close to flat surfaces and to small tables will encourage the guests to sit in comfortable places

away from any direct line of traffic from the dining room to the living room. Simple arrangements of greenhouse or wild flowers will lend just the right amount of festivity and warmth to the party.

A large tea is an occasion when you can use the best cloth the family possesses. This may be lace or embroidered or a plain linen or cotton damask cloth. Flowers are usually placed in the center of the table, or if the table is placed against a wall, in the center toward the back. Many girls make a hobby of arranging flowers and take great pride and joy in exhibiting their arrangements. If you possess such a friend, use her.

At a large tea or punch party the hostess always asks two friends to pour or serve the punch, one for each end of the table. However, if the tea goes on and on, it is kind to relieve those who are pouring after about an hour. When two beverages are served, for instance coffee and tea, one end of the table holds the tea service and the other end the coffee service. On the tea tray are a teapot, a hot-water kettle, cream, sugar, lemon, and spoons. On the coffee tray are placed the coffeepot, the sugar and cream, and the spoons. A convenient arrangement will simplify the serving. The tea- and coffeepot should be to the right of the person serving, with the cups and saucers arranged in a semicircle in front. When there are a large number of cups, they can be placed to the left in piles of two cups and two saucers. Saucers are omitted and only cups and dessert plates used when the guests outnumber available chairs. Plates are then stacked in piles of ten to twelve at the left of the person pouring and cups are placed in a semicircle in front of the tray, the handles towards the pourer. Linen napkins are arranged at the corners of the table and spoons are laid in an orderly pattern near the plates.

Unless there are maids to serve, the guest steps up to the person pouring and waits to be served. The pourer pours the tea or coffee, places the cup on a plate, and hands the plate to the guest, who picks up a spoon. The guest then helps herself to cream, sugar, lemon or other fruit, and the tea sandwiches, cookies, and sweets displayed on the table. Sometimes the tea accompaniments are passed around on trays by friends.

The tea table must be kept attractively arranged for newly arrived guests. A good way to keep it looking fresh and orderly is to provide a separate place for guests to put their empty plates and cups. This will avoid cluttering the tea table. Trays of sandwiches and cookies should never remain half full. They should be replenished whenever necessary. There should be full trays on the table at all times.

Preparing the refreshments. When planning refreshments, allow 4 small sandwiches per person. A regular-sized loaf of bread (1 pound, 2 ounces) cuts into 30 slices ½-inch thick, which is about right for tea sandwiches. Dayold bread is best to use except for rolled and pinwheel sandwiches which require very fresh bread. You will save yourself time if you cream butter and other fillings before trying to spread them. For a large party it is necessary to make the sandwiches several hours before they are served. To keep them fresh and attractive stack the sandwiches two or three deep in a shallow pan

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or tray lined with a moist towel, cover them with a sheet of waxed paper and a damp towel, and store in the refrigerator. Open-faced sandwiches, of course, cannot be stacked.

Iced tea is a favorite hot-weather drink. Make hot tea double-strength and pour it over cracked ice or cubes. It is generally served with lemon, sugar, and a sprig of mint. However, a simple sugar syrup can be made which blends with the beverage and eliminates the great waste of undissolved sugar that too often remains in the bottom of the glass. This syrup is made by combining 2 cups of granulated sugar and 1 cup of water in a saucepan and allowing this mixture to boil for five minutes without being stirred. After it has cooled the syrup may be stored in a scalded, covered jar.

The fruit juices for a punch must be carefully selected. The wrong combination will yield a muddy color. For instance, orange juice added to red or blue juices will result in a brownish or magenta punch. Use all red juice with added lemon juice for a bright, clear red. Loganberry, blackberry, and grape juice will result in a purple color. A simple garnish such as a thin slice of lemon, lime, or orange, a sprig of mint, a cherry either added to the beverage or frozen in the ice cube, a scoop of sherbet or ice cream transforms the ordinary fruit beverage into a party one.

CHECKERBOARD SANDWICHES

(Makes 6 to 8 sandwiches)

Assemble these utensils:

bread knife wooden board measuring cup measuring spoons wax paper damp towel shallow pan or tray stainless steel knife wooden spoon bowl Assemble these supplies:

- 3 ½-inch slices of whole-wheat bread
- 3 ½-inch slices of white bread ½ cup butter or fortified margarine
- 1 tablespoon minced pimiento

Steps in preparation:

- 1. Trim crusts off bread, keeping all slices the same size.
- 2. Cream butter until soft; mince pimiento and add to butter.
- 3. Spread two large "club" sandwiches with the mixture, one with white in the middle and whole-wheat on the outside and the other the reverse.
- 4. Wrap these in waxed paper and a damp towel and chill for several hours.
- 5. Remove from the refrigerator and cut the sandwiches in thirds. Transpose the two middle sections and fix them in place with more mixture.
- 6. Again wrap in waxed paper and then in a damp towel. Place on a flat tray under a light weight in the refrigerator.
- 7. Remove and cut checkerboards off in 1/4-inch slices to serve.

PINWHEEL SANDWICHES

(Makes about 36 sandwiches)

Assemble these utensils:

bread knife wooden board

measuring cups

measuring spoons wooden spoon

bowl

waxed paper

damp towel

shallow pan or tray

stainless steel or silver knife

Assemble these supplies:

1 loaf freshly baked, unsliced white bread

1/2 cup butter or fortified margarine 1 cup sandwich spread

Steps in preparation:

1. Make one of the sandwich spreads you learned in Unit II.

2. Remove crusts from loaf of bread; cut bread in thin slices, lengthwise of

3. Spread each slice with softened butter or fortified margarine and then with filling.

4. Firmly roll up each slice from the short end, like a jelly roll. (A row of stuffed olives or pickles across the end of the bread will make it a little easier to roll.)

5. Wrap in waxed paper to hold shape, then in a damp towel, chill at least one hour; slice across in thin slices to serve.

CRANBERRY PUNCH

(Number served: 30)

Assemble these utensils:

1½-2 quart saucepan

fruit juicer

measuring cups

wooden spoon

knife

punch bowl

30 punch cups

Assemble these supplies:

2½ cups sugar

4½ cups boiling water

3 cups cranberry sauce

1/2 cup lemon juice

1 quart raspberry ice

2 quarts carbonated water

5-pound block of ice

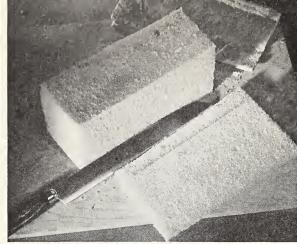
Steps in preparation:

1. Make a syrup of the sugar and the hot water by cooking together until the sugar is thoroughly dissolved.

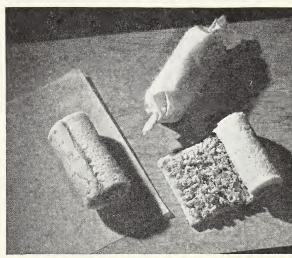
2. Add the cranberry sauce and stir until smooth. Put through a fine sieve and chill. Add lemon juice.

3. When ready to serve, place the block of ice in the punch bowl. Pour the cranberry mixture over it, add raspberry ice, and carbonated water.

Use fresh bread . . .



... spread evenly, wrap firmly ...



... and you'll have something very nice!



H. J. Heinz Company

ORANGEADE

(Number served: 6)

Assemble these utensils:

Assemble these supplies:

saucepan 1 cup sugar measuring cup 1 cup water

fruit reamer 2 cups orange juice (3-4 oranges)

grater 1 orange rind, grated wooden spoon 1 pint water

1 pint water ice for service

Steps in preparation:

1. Wash the oranges and grate the orange rind.

2. Ream the juice.

3. Combine the sugar, water, and orange rind in the saucepan. Bring to a boil and cook at this temperature for 5 minutes.

4. Cool, add the orange juice, and 1 pint cold water.

5. Chill or pour over ice cubes placed in tall serving glasses.

CANDY-MAKING

Candy-making is a popular way to entertain young guests. Perhaps it's based on the theory that the way to a man's heart is through his stomach. Unfortunately, there is no type of cookery more scientific than sugar cookery, so plan to practice first before you put on a public performance. Always use tested recipes and accurate measurements and be sure you understand directions. It is also important to cook candy in a large saucepan, as it boils up very quickly. If you plan to make candy frequently, a thermometer is an excellent investment. Without a thermometer you will have to worry about the soft ball and hard ball stage and such a method is usually inaccurate. However, here is a chart for testing by both methods.

TESTING CANDY

STAGE	TEMPERATURE	TEST
Soft-ball	234° to 240°F.	Drop 1 teaspoon syrup in 1 cup of cold water and a soft ball forms. This flattens when it is picked up.
Firm-ball	244° to 248°F.	Drop 1 teaspoon syrup in 1 cup of cold water and a firm ball forms which can be picked up.
Hard-ball	250° to 266°F.	Drop 1 teaspoon syrup in 1 cup of cold water and a ball forms which is hard when picked up.
Soft-crack	270° to 290°F.	Drop 1 teaspoon syrup in 1 cup of cold water and separate threads form.

As in preparing frozen desserts, the problem in candy-making is to prevent or retard the formation of crystals. In taffy and caramels crystals are prevented or retarded by using corn syrup or cream of tartar and a high cooking ENTERTAINING [329

temperature and cooling before beating, if beating is suggested. In fudge and fondant, called crystalline candies, the crystals are so small that the tongue does not detect them. The crystals are kept under control by using syrups or cream of tartar, dissolving the sugar, cooking at a regulated temperature, and allowing the mixture to cool to lukewarm (110° F.) before beating it. These creamy candies can be stored in tin boxes in layers with waxed paper between the layers. Noncrystalline candies should be wrapped separately in waxed or cellophane paper before being stored in a tin box.

Candy should not be eaten on an empty stomach between meals as it may disturb the digestive tract and will surely spoil the appetite for other foods.

MOLASSES TAFFY

(70 inch-size pieces)

Taffy is inexpensive, is fun to prepare, and delicious to eat.

Assemble these utensils:

saucepan (3-quart) measuring cups measuring spoons wooden spoon candy thermometer platter

scissors waxed paper

Assemble these supplies:

1 cup white sugar

1 cup brown sugar

2 cups light molasses

3/4 cup water

1/4 cup butter

1/8 teaspoon soda, lump free

1/4 teaspoon salt

cornstarch for hands and fingers

Steps in preparation:

- Place sugars, molasses, and water in saucepan and cook to 265° F. or to the hard-ball stage. Cook slowly to prevent burning.
- 2. Remove from the fire, add butter, soda, and salt. Stir to mix well. Turn into a greased pan and allow to stand until cool enough to handle.
- 3. Dip hands in cornstarch and use the thumb and fingers for handling. Gather into a ball and pull until firm and a light yellow color.
- 4. Stretch out in a long rope. Cut with scissors into pieces of about 1-inch. Wrap in waxed paper if not used soon.

Brer Rabbit Molasses



Good taffies have these qualities: an attractive cream or white color depending upon ingredients, a chewy texture, a well-blended flavor, uniformly cut pieces.

FUDGE

(16 squares)

2 cups sugar

Add after cooking:

2 squares chocolate (2 ounces)2 tablespoons corn syrup

2 tablespoons butter1 teaspoon vanilla

2/3 cup evaporated milk, undiluted

1 cup chopped nuts or 1 cup quartered marshmallows (optional)

Cut or break the chocolate squares. Place sugar, milk, chocolate, and corn syrup in saucepan and cook slowly. Stir until the sugar is dissolved. Cook to 236° F. or to the soft-ball stage, stirring occasionally to prevent burning. Remove the candy from the fire, add the butter. Set aside to cool to lukewarm (110° F.) and add vanilla. Beat until the fudge loses its glossy look and its sticky consistency and a small amount will hold its shape when dropped from a spoon. Stir in nuts or marshmallows, if desired, and pour onto a slightly buttered pan. When cool cut into squares of uniform size.

Good fudge has these qualities: a smooth creamy texture, a rich chocolate-brown color, a glossy top surface, a well-blended flavor, uniformly cut pieces.

PICNICS

Food served in new surroundings tastes much better than that served in the same old way. Of course, a picnic in the woods or at the beach is the best, but often a picnic lunch in the backyard or on the porch is a pleasant change for the family or a good way to entertain. The food may be cooked at home and packed in hampers, or may be taken along raw to be cooked outdoors.

A picnic-lunch menu for a beach party should be chosen for its lasting qualities, because it is usually packed several hours before it is eaten. Sandwiches may be the mainstay of the lunch as they carry easily. Whenever possible, foods should be kept whole rather than cut into pieces. For example, it is easier to transport whole fruit than it is to prepare a fruit salad and have it still chilled after several hours in a warm car or on a warm beach. Hard-cooked eggs in their shells are better picnic foods than deviled eggs. For picnics during



Pinney from Monkmeyer

the hot weather avoid foods with creamed fillings, mayonnaise, and boiled dressings. These spoil very quickly and may be a cause of food poisoning. Thermos jugs are excellent vessels for beverages such as cold milk or a cold fruit punch. The picnic beverage is important. For a picnic at the beach, be sure to pack plenty of paper napkins, paper cups, and plates. And do not forget the salt and pepper!

Here is a sample menu for a ready-to-eat lunch for six people.

A Beach-Picnic Menu

Spiced Ham and Swiss-Cheese Sandwiches on Whole-Wheat Bread
Currant Jelly and Raisin Sandwiches on Nut Bread
Celery, Carrot, and Green-Pepper Strips
Hard-Cooked Eggs
Assorted Fruit
Oatmeal Cookies
Milk or Fruit Punch

The first things to do would be to check equipment and supplies and to buy at least a day in advance those which were not on hand. You would need the following list:

large hamper, basket, or firm
cardboard box
two-quart thermos bottle or two
one-quart thermos bottles
plastic or wooden salt and pepper shakers
six knives
1/2 dozen paper plates

dozen paper cups
 dozen paper bags (sandwich)
 several small cardboard containers with covers

2 cans spiced ham1 jar currant jelly1 jar mustard

1 small jar pickle relish1 package oatmeal cookies

1 pound loaf whole-wheat bread (unsliced)

1 loaf nut bread ½ pound butter 2 quarts milk

1/2 pound Swiss cheese

6 eggs

6 firm, ripe tomatoes
3 green peppers
1 bunch celery

1 bunch celery1 bunch carrots6 peaches6 oranges

Early on the day of the picnic simmer the eggs for 30 to 45 minutes, make the sandwiches, spreading the bread with butter so that the filling won't soak in, wash the fruit and vegetables, and place each sandwich and each piece of fruit in a separate waxed paper bag or wrap in waxed paper. Cut the celery, pepper, and carrots in finger-length strips, arrange in six bundles and wrap separately. Put the mustard and the pickle relish in cardboard containers and label them. Pour the milk into the thermos jug and screw the top tightly. Pack the foods carefully so that nothing will get smashed or bruised. Use paper to fill empty spaces and above all be sure that foods that might spill are tightly covered. Screw waxed paper right under the top of screw-top salt and pepper shakers.

If instead of going to the beach you took to the woods or to the back yard, you might decide to cook your food outdoors. Few experiences in eating can compare with the tempting flavors of meat, pototoes, corn, and coffee cooked over an outdoor fire. The menu should be simple since the space for cooking is relatively small whether an outdoor fireplace or a charcoal grill is used. Foods that require a long cooking time should be avoided as appetites have a way of developing fast once the food can be seen and smelled. Jobs should be divided for everyone likes to help at a picnic and many hands make light work.

This menu is a good one.

A Cook-Out Menu

Shishkabobs

Roast Corn Rolls Lettuce or Endive Salad French Dressing

Watermelon

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You would need the following supplies and equipment:

racks to place over the fire charcoal (to make a good hot fire)

6 24-inch skewers long-handled fork

asbestos gloves or pot holders

6 sharp knives

6 forks

1 package large paper napkins

1/2 dozen large paper plates salad bowl with salad fork and spoon hamper or box

2 pounds of breast of lamb cut in 2-inch pieces

1 small eggplant

2 apples

6 tomatoes 6 ears of corn

1 large head of lettuce or 2 heads of endive

salt and pepper

oil vinegar butter 1 dozen rolls

1/2 watermelon

Shopping should, of course, be done a day in advance. On the morning of the picnic the watermelon should be chilled. If it has to be cut to get it in the refrigerator, cover the cut sides with waxed paper. Wash the lettuce and put that in a cellophane bag in the refrigerator to chill. Make the French dressing and pour in into a tight-capped bottle. Pack the box or hamper and just before leaving, pack the watermelon, lettuce, and meat.

When the time comes to start cooking, remember that a smoldering fire produces the best results. Cut the eggplant, apples, and tomatoes in cubes and arrange these alternately with the cubes of lamb on the skewers. These need to be broiled from 20 to 30 minutes. The corn takes only 10 minutes. Leave the cobs in their husks, sprinkle them with water, and lay them on the grill over the fire.

The rolls may be warmed near the fire. While the shishkabobs and corn are cooking, cut the lettuce into six wedges and cover with French dressing. Let each person serve himself. Place butter, pepper, and salt so that everyone can reach them.

CHILDREN'S PARTIES

A children's party is really a gala event for the youngsters and can even be fun for an older sister who plans the party if she manages well. The refreshments take the place of a meal, usually supper served at about five o'clock. It is important to avoid a rich, elaborate menu. Children require simple food even at parties.

The highlight of a party for children is the decorated table. Paper tablecloths and napkins are very suitable as they are usually more vividly colored than linen. They add to the gayety of the party. When the occasion is a birthday party, the birthday cake with its candles and decorations makes a good center of attraction. Another good centerpiece is a variation of the traditional Jack Horner pie. A red barn on a green table mat, surrounded by paper trees and animals may be filled with favors. Ribbons attached to these

lead to each child's plate. The barn, needless to say, would have to have a detachable brown paper roof. The theme could be carried out by placing a paper wheelbarrow filled with raisins at each child's place. Whenever possible, plan the decorations so that they may be taken home by the guests. Small children are inclined to believe that whatever is on the party table belongs to them. Fewer complications arise when each guest is permitted to take away a piece of the decorations.

Here is an example of a suitable menu for a children's party:

Menu for a Children's Party

Peanut Butter and Mashed Banana Sandwiches
(cut in animal shapes with cookie cutter)
Chicken Salad in a Small Lettuce Cup
Strawberry Junket Birthday Cake
Milk
Small favor filled with raisins

Henle from Monkmeuer



ENTERTAINING [335

COMMUNITY SUPPERS

There are many occasions when young people are called upon to take part in the planning and preparation of a large supper for some group in the community. Boy-scout or girl-scout troops, church organizations, and parent-teacher organizations are among the groups which often plan and make a social function of community meals. To participate in such activities is good fun and shows fine community spirit.

For community suppers it is wise to attempt only the simplest of menus. The ability of the workers and the equipment available are of prime importance in planning the dinner. Usually these meals require the serving of low-cost food. In many instances, if the affair is given in an effort to make money for some worthy cause the food is donated.

Preparing a meal for a large group is simplified when the groups of workers are divided into committees. A good division of work is as follows:

COMMITTEES FOR A COMMUNITY DINNER

COMMITTEE	FUNCTION
Planning Committee	To decide on amount to be spent, plan menu, select recipes, and plan market order and service
Purchasing Committee	To select and purchase food, paper supplies, table decorations, and keep records of money spent
Cooking Committee	To consist of several smaller committees, such as the main- dish committee, salad committee, <i>etc.</i> who are responsible for the actual preparation of the dishes
Serving Committee	To be responsible for the setting of the table, the decorations, the counting and placing of the chairs, the greeting of the guests, and the serving of the food
Clean-up Committee	To take over the responsibilities of washing the dishes and cooking utensils and leaving the kitchen in good order. (Because of the amount of work involved, members of this committee should be spared any other duties.)

The planning committee might decide on a menu such as this one:

Supper for Fifty
Chicken, Rice, and Vegetable Casserole
Spring Salad
French Dressing
Crapherry Relich

Cranberry Relish
Buttered Rolls
Apple Crisp
Coffee Cocoa



Lorraine Fox and Woman's Day

SUGGESTED AMOUNTS TO SERVE FIFTY

Chicken, Rice, and Vegetable Casserole

20 pounds fowl (dressed weight)

1 pound carrots

2½ pounds of frozen peas or 3 no. 2 cans peas

1/2 pound onions

2 pounds rice

1 bunch parsley

1 pound butter or fortified margarine (chicken fat may be used instead)

1 pound enriched flour

1 pound bread crumbs

pepper

Spring Salad

3 bunches radishes

3 pounds tomatoes

3 green peppers2 bunches celery

8 heads lettuce

French Dressing

3/4 quart salad oil

½ pint cider vinegar

salt pepper

paprika

Cranberry Relish

4 pounds cranberries

5 oranges

4 pounds granulated sugar

Rolls

100 (allow 2 per person)

2 pounds butter or fortified margarine

Apple Crisp

10 pounds tart apples box cinnamon

4 pounds granulated sugar

1½ pounds enriched flour

1 pound butter or fortified margarine

11/2 quart whipping cream

Coffee

1 pound coffee

1½ quarts coffee cream

11/4 pounds lump sugar

1 egg

Cocoa

1 pound cocoa

1½ pounds sugar

8 quarts milk

o quarts mink

1/4 teaspoonful salt



CHICKEN VEGETABLE AND RICE CASSEROLE

(Number served: 50)

Assemble these utensils:

2 large soup kettles

1 large double boiler

1 sauce pan

4-6 sharp knives

4-6 wooden boards

1 quart measure or several measuring cups

2 long-handled forks

1 long-handled wire whip

1 long-handled spoon

3 baking pans, 14 by 11 inches cheesecloth (small square)

Assemble these supplies:

4 5-pound fowls (dressed weight)

1½ cups carrots

1½ quarts peas

3/4 cup onion

1 bunch parsley

6 quarts chicken stock

2 cups fat or butter

(chicken fat may be used)

3½ cups flour

3 tablespoons salt

1 teaspoon pepper

2 pounds rice

1 pound bread crumbs

Steps in preparation:

- Wash fowl and place in large soup kettle with two gallons of water.
 Wrap one or two stalks celery, a carrot, an onion, and a bunch of parsley in the cheesecloth square and place in water with chicken.
 Bring water to boil and turn down fire. Simmer about 2 hours until the meat begins to separate from the bones.
- 2. Scrub carrots, scrape, and cut into cubes or long thin strips.
- 3. Peel onions and cut into small pieces.
- 4. Remove frozen peas from refrigerator and open boxes. Cook peas.
- Cook all other vegetables together in just enough boiling water until tender.
- 6. When chicken is done remove from stock and remove the cooked meat from the bones and cut into large cubes.
- Remove cheesecloth bag of seasoning vegetables from stock and strain stock.
- 8. Melt fat in top of double boiler, stir in the flour and stir to a smooth paste; to this mixture gradually add the hot chicken stock. Stir with wire whip, constantly. Place mixture over bottom of double boiler.
- 9. Season with salt and pepper.
- Cook rice in one and one-half gallons of boiling water to which three tablespoons salt have been added. Drain in large strainer and rinse with water.
- 11. Oil the baking pans and cover the bottoms with rice.
- 12. Combine vegetables, chicken, and thickened chicken stock; pour the chicken mixture over the rice.
- Sprinkle with bread crumbs and bake in oven at 350° F. about 30 minutes until brown.

SPRING SALAD

(Number served: 50)

Assemble these utensils:

4-6 wooden boards for cutting

4–6 sharp knives 1-quart measure

2–4 measuring cups measuring spoons

1 large mixing spoon

3-quart bowl

12-quart mixing bowl

Assemble these supplies:

3 cups radishes, sliced

2 quarts tomatoes cut in wedges

1 cup peppers, diced 1 quart celery, diced 8 quarts lettuce, shredded

1 cup French dressing

Steps in preparation:

1. Wash, clean, and drain vegetables.

Cut vegetables and toss them lightly together in mixing bowl. Keep tomatoes in a separate bowl until the last minute. Otherwise the salad will not be crisp.

3. Place bowls in refrigerator until ready to serve.

4. Just before serving add tomatoes and dressing and mix lightly.

CRANBERRY RELISH

(Number served: 50)

This is especially good when it is prepared a day or two before serving.

Assemble these utensils:

large strainer or colander

meat grinder large mixing bowl

Assemble these supplies:

4 pounds raw cranberries

5 oranges 8 cups sugar

Steps in preparation:

1. Wash, sort, and drain the cranberries.

Grind the cranberries and whole oranges including the peel; add the sugar and mix well.

APPLE CRISP

(Number served: 50)

Assemble these utensils:

8 cups sugar 4–6 apple peelers 4–6 sharp knives mixing bowl

pastry blender or fork

baking pans beater bowl Assemble these supplies:

10 quarts apples, diced3 tablespoons cinnamon

5 cups water2 quarts sugar

6 cups flour, all-purpose

21/4 cups butter or fortified margarine

11/2 quarts whipping cream

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Steps in preparation:

1. Wash apples and remove bad spots.

2. Peel apples, quarter, core, and slice thin.

3. Place apples into buttered baking pans.

4. Mix the cinnamon and water and pour the mixture over the apples.

5. Work the sugar, flour, and butter with fork or pastry blender until crumbly; then sprinkle the mixture over the apples.

6. Bake the mixture in a hot oven (450° F.) for 5 minutes; then lower the temperature to 400° F. and bake for from 25 to 30 minutes or until apples are tender.

7. Store in the refrigerator, if there is room.

8. Serve with whipped cream.

COFFEE

(Number served: 50)

Assemble these utensils: Assemble these supplies:

a large coffeepot, kettle, or stock 1 pound coffee pot 2½ gallons boiling water

muslin or cheesecloth bags 1 egg

Steps in preparation:

 Mix the coarsely ground coffee with the egg and egg shell and place the mixture in muslin or cheesecloth bags. Tie them loosely enough to allow for swelling of the coffee grounds.

Place the bags into the boiling water and cover the utensil. Regulate the heat so that the coffee will be just below the boiling point. Simmer for twenty minutes.

3. Remove the bags, cover the coffee, and keep it hot for serving.

COCOA

(Number served: 50)

Assemble these utensils:

1 large kettle (4 gallon)
1 wooden spoon
1 quart measure

Assemble these supplies:
1 cup cocoa
1½ cups sugar
2½ cups water

1 set measuring spoons 8 quarts milk
1/4 teaspoon salt

Steps in preparation:

1. Mix sugar and cocoa.

Stir while adding water slowly. Bring to a boil and cook until a thick paste is formed.

3. Add milk and heat but do not boil.

4. Add salt and serve hot.

SUMMARY

- 1. For informal occasions an oral invitation or a friendly note is appropriate.
- 2. A formal invitation is written in the third person.
- 3. Invitations must be answered at once.
- 4. Buffets are a good way of entertaining a large group with comparatively little effort.
- 5. Teas and punch parties are also good for large groups.
- 6. Picnics call for foods that keep and pack well.
- 7. The food for a children's party should be simple.
- **8.** Community suppers are best prepared for by dividing the committee into groups, each with a special function and responsibility.

ACTIVITIES

1. Plan:

- a. a series of class teas and organize the class so that all members of the class will have practice in serving as hostesses to a group. Work out in detail plans for introducing and serving the guests. Discuss keeping the conversation interesting for different groups.
- b. a very simple tea to serve your mother's friends the next time she entertains.
- c. a picnic for your home-economics class. The main dish is to be cooked out-of-doors. List the foods in amounts to be packed and the equipment that will be necessary to take along to cook the food.
- d. the arrangement of equipment, types of menus, and the kind of family co-operation that would make it easy for your family to go on picnics often and on short notice.
- e. a buffet meal for eight persons to be served in your home. Estimate the cost of the meal and make a plan for setting the table and serving the meal.
- f. a Thanksgiving Day menu for your family. Suggest a time schedule for the preparation of the meal which would make it possible for all members of the family to go to the annual high school football game.
- 2. Make a collection of recipes and menus of meals for special occasions.

3. Discuss:

- a. ways you can help your mother entertain one or two guests at Saturday night supper or Sunday morning brunch.
- b. why it is worth while for each person to have a specialty in cookery. Select one or two types of cookery in which you would like to become an expert. Plan to develop at least one of them during this term. Report your experience in class and give the class the recipe for the favorite form of your product.

PART 2

BUDGET MEALS

Although budget meals may not interest you at the moment while your parents are footing the grocery bills, when you become a homemaker the price of eggs will be a prime concern. Rent, furniture, and offspring all have a way of costing more than anticipated and it's a rare young couple who can buy groceries without regard to price. However, food value must never be sacrificed. An eye on the basic seven is essential no matter what the income.

Many low-cost foods are equal in food value to higher-priced ones. Less tender cuts and grades of meat may be prepared carefully and served attractively in place of steaks and chops. More whole grain and milk products should be used in the budget diet and cheese, fish, eggs, or soybeans should be substituted for more expensive meat and poultry. Dried beans and peas are good cheap sources of protein, although they are incomplete and need to be supplemented. Meat may be served in smaller portions or extended in stews, casseroles, hash, croquettes, and hearty soups. Some popular dishes of this kind are meat loaf, chicken potpie, stuffed green peppers, spaghetti, liver loaf, Swedish meat balls, baked corned-beef hash, lamb stew and dumplings, and steak and kidney pie. A good many of the meat-extender dishes that have become part of the American food pattern had their origin in other lands. Europeans and Asiatics have always had less meat than Americans. Consequently, they have learned to make the most of what they have by using small amounts for flavor and stretching the meat with vegetables, rice, and other cereals. Hungarian goulash, Italian spaghetti, Irish stew, Mexican chili all come under this heading. A good Chinese meat-extender consists of bits of yeal with celery, chestnuts, mushrooms, and bamboo tips. Spanish rice is a wonderful combination of rice, tomatoes, onions, green peppers, and bacon. When the amount of meat used is small, care must be taken to make up the daily protein requirement with other foods.

Vegetables in season are low in cost. Some, such as potatoes, rutabagas, turnips, and beets are abundant most of the year. Beet greens and the greens from turnips as well as cabbage and kale, two other low-cost greens, are nutritious and flavorful. A small garden can give the budget a surprising lift with fresh vegetables.

Using dried fruits, fruits in season, large quantities of cereals such as cracked wheat, brown rice and rolled oats, homemade salad dressings, and

home-baked breads and desserts are other ways to cut the budget and still have adequate and enjoyable meals.

The Department of Agriculture has made a study of nutritious budget menus and has made up the following chart on which you can compare the components of low-cost menus with moderate-cost ones.

THE BASIC SEVEN IN TWO COST-LEVELS OF MENU PLANS1

FOOD GROUPS ²	LOW-COST PLAN (NUMBER OF SERVINGS PER PERSON)	MODERATE-COST PLAN (NUMBER OF SERVINGS PER PERSON)
Leafy, Green and Yellow Vegetables	7 to 9 servings a week	10 to 12 servings a week
Citrus Fruit, Tomatoes	Children, 7 servings a week	Children, 8 to 9 servings a week
	Adults, 6 or 7 servings a week	Adults, 7 to 9 servings a week
Potatoes, Sweetpotatoes Other Vegetables and Fruit	10 to 12 servings a week 7 servings a week	7 to 9 servings a week 10 to 12 servings a week
Milk, Cheese, Ice Cream (in terms of fluid milk)	Children, about 3½ cups of milk a day Adults, 2½ to 3 cups a day	Children, 3½ to 4 cups milk a day Adults, 2½ to 3 cups a day
Meat, Poultry, Fish Eggs Dry Beans and Peas, Nuts	5 or 6 servings a week 5 eggs a week 2 to 4 servings a week	7 or 8 servings a week 7 eggs a week 1 to 2 servings a week
Flour, Cereal, Baked Goods (Whole-grain, enriched, restored)	Bread at every meal and also a cereal dish once a day	At every meal
Butter and Margarine	Butter or fortified margarine daily	Butter or fortified margarine daily

¹ Fish-liver oil or some other source of vitamin D for small children and for older children and adults who have little opportunity for being in the sunshine should also be allowed.

² Refined sugar, preserves, syrup, coffee, tea, salt, pepper, and other seasonings and flavorings may also be used as desired.



USDA Forsythe

A daily diet that includes foods like these will supply the human body with all the proteins, minerals, and vitamins it needs.



Stanton from Monkmeyer

Chilled orange slices make just the right contrast to hot vegetables. Try this fresh note the next time you serve a vegetable plate.

A WEEK'S MENU FOR A LOW-COST ADEQUATE DIET

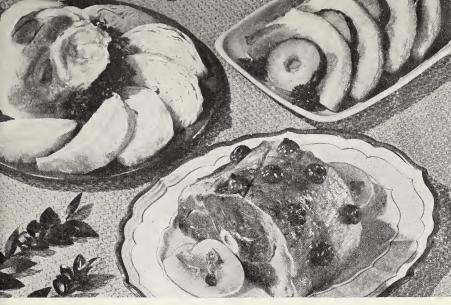
A WEEK'S MENU FOR A LOW-COST ADEQUATE DIET			
BREAKFAST	LUNCH OR SUPPER	DINNER	
Monday Whole Orange Wheat Cereal with Milk Cinnamon Toast Milk (children) Coffee (adults)	Baked Beans Cabbage and Spinach Salad Whole-Wheat Bread Stewed Prunes Milk for all	Meat Loaf Baked Potato Buttered Turnips Whole-Wheat Bread Gingerbread Milk (children) Tea (adults)	
Tuesday Tomato Juice Rolled Oats with Milk Whole-Wheat Muffin Milk (children) Coffee (adults)	Vegetable and Rice Casserole Corn Bread Chocolate Pudding Milk for all	Beef Kidney Stew with Vegetables Whole-Wheat Bread Applesauce Milk Tea	
Wednesday Grapefruit Juice Cracked Wheat Cereal with Milk Whole-Wheat Bread Cocoa for all	Scrambled Eggs Panned Cabbage Baked Potato Biscuit Stewed Dried Peaches Milk for all	Corned-Beef Hash Buttered Beets and Beet Tops Creamed Potatoes Milk Coffee	
Thursday Stewed Prunes Hot Wheat Cereal with Milk Soft-Cooked Egg Whole-Wheat Toast Milk Coffee	Lentil Soup with Frankfurters and Potato Cubes Apple and Raisin Salad Muffin Milk for all	Baked Stuffed Beef Heart Potatoes Boiled in Jackets Kohlrabi Bread Pudding with Raisins Milk Coffee	
Friday Half Grapefruit Cornmeal Mush and Milk Raisin Bread Milk Coffee	Rice and Peas Raw Carrot Sticks Bread Oatmeal Cookie Milk for all	Creamed Cod Fish on Baked Potato Steamed Kale Sliced Banana Milk Coffee	
Saturday Orange Juice Fried Cornmeal Mush Poached Eggs on Toast Milk Coffee	Green Pepper Stuffed with Cottage Cheese Peanut-Butter Sandwich Milk for all	Casserole of Lima Beans with Pork Hocks Green Salad Whole-Wheat Bread Baked Apple Milk Tea	
Sunday Tomato Juice Hot Wheat Cereal with Milk Scrambled Eggs Milk Coffee	Scalloped Potatoes and Onions Raw Carrot Strips Whole-Wheat Bread Milk for all	Stuffed Shoulder of Veal Candied Sweetpotatoes Buttered Kale Bread Fruit Cup Milk Tea	

In addition to being a good planner the real home *economist* must be adept at using unscheduled leftovers. They are inevitable because appetites vary, the expected guest does not always appear, and unforeseen complications arise. One must learn to care for these foods and to utilize them. Storage under the most ideal conditions causes vitamin losses. Leftovers should be covered and stored in the refrigerator at a temperature lower than 45° F. It is well to avoid storage periods of over 48 hours. Food that is kept longer should be boiled for 5 minutes to remove possible danger from poisoning. If any changes in color, texture, or smell have occurred the leftover should be discarded.

Reheating also causes vitamin losses so try to keep that to a minimum. We have already mentioned how small amounts of meat and poultry can be used in casseroles, hash, etc. Leftover fish can be used in much the same way as well as in seafood cocktails and bisques. The following chart will give you leads for using other unplanned leftovers.

UTILIZING LEFTOVERS

FOOD	USE	
Eggs Yolks Whites	Sauces, yellow cakes, croquettes, coating for fried food Angel food, white, and butter-type cakes, meringues, cake frostings, cookies, sherbets	
Cheese	Appetizers, sandwiches, salads, scalloped and casserole dishes, omelets, scrambled eggs, and as a garnish	
Sour Milk and Cream	Cakes and breads	
Cereal	To stretch meat, fish, and poultry in casseroles. It may be sliced and fried when cold	
Bread	Crumbs in casseroles and stuffings, strips in soups, cubes in puddings, slices in milk toast and French toast	
Vegetables	Salads, soups, casseroles, croquettes, fritters, and combined as corn and beans in succotash. The liquid in which vegetables are cooked may be used in beverages, sauces, and soups	
Rice	Stuffings, spoon bread, croquettes, soups, stews, and as a foundation for puddings and desserts	
Fruits	Stewed, in compotes, in salads and fritters, and in other desserts	
Cakes and Cookies	As crumbs for desserts. Leftover cakes may be used as a foundation for refrigerator desserts	



It is often economical to buy a large cut of meat and plan several meals from it. A shank half of a ham may be used for these three meals: (1) baked ham, (2) broiled ham slices with apple rings (put the apple rings in the broiler pan under rack), and (3) a boiled dinner. Have your butcher cut off a generous shank for the boiled dinner. Then, in your kitchen, cut down the center of the remaining piece just below the bone to make a boneless chunk for slicing, plus a piece with the bone in for baking.

A pot roast, too, may be used for three dinners: (1) pot roast, (2) stew, and (3) meat balls. When pot roast is a special at the market, buy a round bone one and cut a boneless piece from the round end for stew meat. From the center, cut a chunky pot roast with the bone in the middle. Grind the remaining boneless end for meat balls.

American Meat Institute



FIVE-LAYER DINNER

(Number served: 6)

This dish utilizes leftovers.

Assemble these utensils:

measuring cups measuring spoons saucepan

covered casserole dish, 1½ quart size

knife grater

chopping board

Assemble these supplies:

- 2 tablespoons chopped onion
- 1 tablespoon shortening
- 1 cup ground cooked meat
- 2 teaspoons salt
- 1/4 teaspoon chili powder
 - 1 cup cooked string beans
 - 1 cup cooked or canned corn
 - 4 medium-sized tomatoes
 - 1 teaspoon sugar
 - 2 tablespoons grated cheese
 - 1 tablespoon chopped parsley oil for the casserole dish

Steps in preparation:

- 1. Set the oven at 350° F.
- 2. Chop the onion, cook in the shortening until almost tender. Add the meat, 1 teaspoon salt, chili powder, and stir until they are well blended.
- 3. Oil the casserole and place the meat as the first layer, then the string beans, and the corn. Salt the vegetables lightly as they are layered.
- 4. Slice the tomatoes and place over the corn. Sprinkle with salt and sugar.
- 5. Top with grated cheese and chopped parsley. Cover.
- 6. Bake for 25 minutes.

Once you have assembled the five-layer dinner, you can relax while it cooks itself.

Corning Glass Works





Living for Young Homemakers

Making the meat loaf.

MEAT LOAF (Number served: 4)

Assemble these utensils:

measuring cups measuring spoons wooden spoon large mixing bowl large spoon for basting chopping board sharp knife loaf pan or casserole

- 1 pound beef, ground
- ½ pound pork, ground

Assemble these supplies:

- ½ teaspoon salt
- 1 egg
- ½ onion, finely chopped
 - 1 cup bread crumbs
 - 1/4 cup milk or tomato juice
 - 3 tablespoons tomato catsup
 - 3 slices salt pork or bacon reserve for top
 - 1/4 cup hot water for basting

Steps in preparation:

or baking pan

- 1. Set the oven at 350° F.
- 2. Mix well the meats, salt, egg, chopped onion, bread crumbs, milk or juice, and catsup.
- 3. Shape in a loaf, place in pan, and place the bacon strips on the top.
- 4. Baste with water every 20 minutes during the cooking period, bake about 1 hour.

STUFFED CABBAGE LEAVES

(Number served: 4)

This is a meat extender.

Assemble these utensils:

chopping board sharp knife saucepan measuring spoons measuring cup toothpicks Assemble these supplies:

8 cabbage leaves

1 pound ground meat 1 small onion, minced

½ cup cooked rice

1 teaspoon salt few grains pepper

1½ cups canned tomatoes

Steps in preparation:

casserole dish

- 1. Cut the leaves from head of cabbage, being careful not to tear them. Drop into boiling salted water and cook from 3 to 5 minutes. Drain.
- 2. Set oven at 375° F.
- 3. Chop onion very fine.
- 4. Mix ground meat, rice, onion, and seasonings together.
- Place one to two tablespoons of meat mixture on each leaf. Bring the edges of the cabbage leaf together and secure them firmly by skewering with toothpicks.
- Arrange the stuffed cabbage leaves in an oiled casserole and pour tomatoes over them.
- 7. Bake for 45 minutes. Serve hot from casserole dish.

SUMMARY

- It takes careful planning and skillful preparation to provide adequate meals at low cost.
- 2. Many low-cost foods are equal in food value to higher-priced ones.
- **3.** Many of our most popular dishes are meat-extenders.
- 4. The use of unplanned leftovers is the real test of a home economist.
- 5. Leftovers should be stored covered in the refrigerator at a temperature lower than 45° F. for not longer than 48 hours.

ACTIVITIES

- Discuss the weekly grocery order with your mother to see how she estimates
 the amounts of food to be purchased.
- 2. List:
 - a. the vegetables now in season and suggest uses for each.
 - b. the meat substitutes that are used in your house. Which ones are family favorites?
- 3. Select one or two of the vegetables listed above and prepare them for a meal at school. You will enjoy preparing them at home later.

QUICK MEALS [349

4. Demonstrate:

- a. the uses of leftover bread and the uses of leftover cereal.
- b. the proper care of leftovers and their placement in the refrigerator.

Describe uses for the following leftovers: poultry, vegetables, and fruits. Consult the section on casseroles.



QUICK MEALS

Many women today are combining homemaking with a full-time or part-time job. Others are busy in community affairs, or run households where unexpected guests are frequent, or where there are unusual demands on the homemaker's time, such as illness in the family. Sometimes high school girls prepare their family meals after busy afternoons of extracurricular

Plan to manage your outside job and your home duties together. Here, the wife came home and started supper preparations, the husband picked up supplies on his way home.

Living for Young Homemakers



activities. These women must carefully budget their time and cut hours spent on food preparation to a minimum. Meals must be simple and require little time to prepare.

Needless to say, kitchen supplies and equipment must be efficiently arranged. You can't fix dinner in half an hour flat if you have to spend 5 minutes looking for the colander and disentangling it from a pile of pots and pans. Having a table in the kitchen for breakfast is a big help in cutting corners on that meal.

TRICKS OF THE TRADE

Quick dinners require thoughtful planning to keep food costs down and to include needed nutrients. The quick foods that come readily to mind, such as steaks and chops, are expensive. It is by far easier on the mind and the pocketbook to plan menus a week in advance than it is to pick up something for dinner at the last minute. Weekly menus should be posted where the family will see them, so that ice-box raids won't cause a last minute crisis. Work schedules can also be posted near the menus and, of course, these schedules will include other members of the family. On the basis of the weekly menu system, shopping can be done just twice a week. Shop for staples once a week and meat, fresh fruits, and vegetables, twice.

A week-end roast will take care of the meat course for several meals. For instance, a rib roast for Sunday dinner may be served cold on Tuesday. For its third appearance it can be cubed and served with vegetables and thinned gravy as a beef stew. Cook for more than one meal at a time when there is no danger of loss of nutrients. If creamed potatoes and potato salad are on the week's menu, cook the potatoes in their jackets and cook enough for both dishes. Prepare stewed fruit to be used for breakfast on one day and dessert on another. Simplify your menus by serving larger portions of fewer different foods. There are three great aids to the busy homemaker and these are: the pantry shelf, the pressure cooker, and frozen foods.

The pantry shelf. The variety of foods available in cans and boxes on the grocer's shelves is prodigious and ever-increasing. There are fruit and vegetable juices, soups which may be used as soups or in casserole dishes, vegetables, meat or meat extender dishes such as corned beef, ham, chili con carne, and tamales, fish, fruits for fruit cups, salads or desserts, cheese spreads and packaged cheeses, cereals, crackers, canned date-nut and Boston brown bread, mixes for cornbread, muffins, yeast breads, puddings, cakes, frostings, gelatine desserts, olives, jars of pickles, relishes, peanut butter, salad dressings, sandwich spreads, etc. Seasoning or other ingredients may be added to canned foods to pep them up as well as to satisfy the cook's creative urge. For instance, onions and green pepper sautéed in the frying pan for 5 minutes before the canned hash is put in, or mustard, brown sugar, and cloves on the top of spiced ham before it goes in the oven.

¹ Recent research indicates that there may be a loss of vitamins in storing cooked potatoes.

QUICK MEALS [351

Mixes may be prepared at home, too, to stand on the shelf. They are less expensive than bought ones, often better tasting, and just as quick from container to oven. Pasting the directions for different quantities on the container saves looking the recipe up in the file.

Pressure cookery. Ordinary water cooking temperatures can never rise above 212° F., or the boiling point of water, because at that point the water changes to steam and escapes. A pressure cooker is designed so that the steam cannot escape and much higher temperatures may be reached. The food is cooked by this high-temperature steam.

There are many kinds of pressure cookers on the market. One of the main differences among them is the type of cover used. There are rigid covers and flexible covers; covers that fit on the inside and covers that fit on the outside. Since the great advantage of the pressure cooker is its cooking speed, it is wise to buy one that can be assembled quickly.

wise to buy one that can be assembled quickly

Another difference among the various brands is in the type of pressure control. Those models which have no pressure figures are set for 15 pounds. This is the pressure most often used, but some fruits and frozen vegetables are cooked at 5 pounds and some meats, dried vegetables, and canning are done at 10 pounds.

Every pressure saucepan comes equipped with the manufacturer's directions and recipes. For best results these should be accurately followed. However, all pressure cookers are operated in much the same way:

1. Prepare food according to the directions given in the recipe.

2. Place food in cooker, but do not fill saucepan more than ½ full. Over-crowding increases the cooking time and may cause food to cling to the steam vent and clog it.

3. Add the amount of water called for in the manufacturer's book of

directions. The range is from 1/4 cup to 1/2 cup.

- 4. Lock on the cover and seal the saucepan. Place it on the stove over the flame. (The method of sealing depends on type of pressure cooker.)
- 5. Allow air to exhaust from the cooker. Air is driven off in order to maintain constant pressure. (The method of exhausting air also depends on type of pressure cooker.)
- Allow cooking point to be reached and from that point time exactly. Use a timer if available.
- 7. When cooking time is up, reduce the pressure immediately. Use the directions given in the recipe which may be one of the following:
 - a. Turn off flame and allow steam pressure to go down normally.
 - b. Cool quickly by placing cooker in a pan of cold water or under cold-water faucet until pressure is down.
 - c. Turn off flame and raise the vent with a fork. This method is fine for 2-minute vegetables, but don't try it for soup or anything that takes longer than 5 minutes.
- 8. When all the pressure is released from the pan, remove the cover. Do not attempt to remove cover while there is still pressure in the pan!

Besides the fact that pressure cooking can be done in ½ to ½ the ordinary cooking time—baked beans, 40 minutes; lamb stew, 10 minutes—it has other advantages. It conserves water-soluble vitamins and minerals because of the small amount of water used to create the steam. It retains the natural shape, color, and flavor of vegetables and it saves fuel. Often cooking can be done on retained heat once the cooking pressure has been reached.

Frozen foods. Although cooling as a means of preserving food dates back to cave-man days, it was only recently that explorers in the arctic noticed that meat and fish which were frozen solid remained in prime condition after many months. Experiments followed to find commercial means of quick-freezing foods and a new industry grew up.

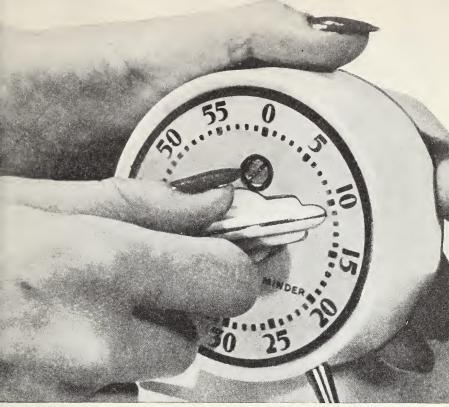
The big advantage of frozen foods for the short-cut cook is that the foods are absolutely ready for the pan—no shelling of peas or cleaning of shrimps necessary. Also shopping trips can be cut down in number. If there is room in the freezing compartment of the refrigerator or if the homemaker is lucky enough to have a home freezer, foods may be bought or prepared well in advance. Then, too, the cooking time for frozen vegetables is slightly shorter.

There are additional advantages to frozen food which even the homemaker with time on her hands will appreciate. They make seasonable foods available

Here's a good way to enjoy garden flavor all through the year.

Better Homes & Gardens Magazine





Better Homes & Gardens Magazine Set the pointer and a cheery ring will tell you when the time is up.

all year—strawberries in December. Produce is harvested at peak flavor and processed and packed in less than two hours. The low temperature and quick freezing help retain good appearance, flavor, and nutritive value. Meat is tenderized about 20 per cent!

Perhaps one of the best things about frozen foods for the inexperienced homemaker is the fact that known amounts can be purchased. Wastes, which run as high as 70 per cent for cauliflower, 63 per cent for peas and beans, 50 per cent for squash, 54 per cent for asparagus, 65 per cent for fish, and 15 per cent to 55 per cent for meat, are eliminated.

There is one important precaution to take in using frozen foods. Keep them in the frozen state until you are ready to thaw them for use and *never* refreeze them.

A WEEK'S MENU

A week's menu for quick meals is given on page 355. This applies the principle of the Sunday roast with leftovers. Jobs should be dovetailed as

much as possible. Sunday's breakfast is really a brunch or combination of breakfast and lunch. While the dishes are being cleared away, prepare the gelatin and put it in the refrigerator to set. The sweetpotato casserole can be quickly prepared by using canned sweetpotatoes, the rest of the can being saved for sweetpotato puffs on Tuesday. While Sunday's dinner is under way, wash, soak, and cook the prunes and apricots for Monday morning and cook potatoes in their jackets for dinner on Monday and Wednesday.

While Monday's dishes are being washed, prepare chocolate ice cream for Tuesday's dinner. Put orange juice in the refrigerator for Tuesday morning. Tuesday's dinner is composed mainly of leftovers. This is a good time to check up on supplies and make out new market lists. On Wednesday use canned tomato soup. Wash and cook carrots in their skins. Mix ingredients for meat loaf for Thursday, mold, wrap in waxed paper and store in refrigerator. Thursday's dinner is mainly an oven meal. Prepare the wheat cereal for Friday morning while it is cooking. On Friday measure out dry and liquid ingredients for Saturday morning's waffles. Store separately in the refrigerator.

PANTRY-SHELF PASTRY MIX

(Yield: 5 single crusts or 3 double crusts or 20 medium tart shells)

Assemble these utensils:

Assemble these supplies:

large mixing bowl

5 cups sifted flour1 tablespoon salt1 pound shortening

pastry blender or two knives sifter

measuring cup measuring spoons covered container

Steps in preparation:

1. Sift flour and salt into a large mixing bowl.

2. Cut shortening into flour with knives or pastry blender until pieces are about the size of small peas.

3. Store this mixture in a covered container. No refrigeration is required.

4. Be sure you know the technique for rolling and baking pastry.

To make a one-crust 9-inch pie put $1\frac{1}{3}$ cups of the mixture in a large mixing bowl. In a small bowl blend 2 tablespoons water with $\frac{1}{4}$ cup flour. Stir this into the dry mixture.

For a two-crust 9-inch pie put 2 cups of mixture in a large mixing bowl and add a paste made by blending 3 tablespoons water with ½ cup flour.

A WEEK'S MENU FOR THE PART-TIME HOMEMAKER (Lunches Eaten Out)

	BREAKFAST	DINNER
Sunday	Half Grapefruit Scrambled Eggs with Cheese Quick Coffee Cake Coffee Milk	Baked Tenderized Ham Sweetpotato Casserole Frozen Peas Escarole with French Dressing Raspberry Gelatin with Whipped Cream Milk
Monday	Stewed Apricots and Prunes Rolled Oats Cinnamon Toast Coffee Milk	Broiled Veal Kidneys Grilled Tomatoes Creamed Potatoes Hot Rolls Cole Slaw Fresh Pear and Cheese Milk
Tuesday	Canned Orange Juice Ready-to-eat Cereal Poached Eggs on Toast Coffee Milk	Pan Broiled Ham Slice Pineapple Slices Sweetpotato Puffs Chef Salad Whole Wheat Bread Chocolate Ice Cream Milk
Wednesday	Sliced Banana Ready-to-eat Cereal French Toast Maple Syrup Coffee Milk	Tomato Bouillon Grilled Frankfurters Stuffed with Mashed Potatoes Sauerkraut Buttered Carrot Apple and Celery Salad Rolls Milk
Thursday	Whole Orange Frizzled Ham Fried Egg Toast Coffee Milk	Meat Loaf Baked Potatoes Panned Cabbag Fruit Salad Bran Muffins Strawberry Jan Milk
Friday	Tomato Juice Hot Wheat Cereal with Figs Rolls Coffee Milk	Creamed Salmon Potatoes Cooked in Jackets Frozen String Beans Cucumber Salad Biscuits Baked Apple Milk
Saturday	Orange and Grapefruit Juice Baked Waffles Maple Syrup Honey Coffee Milk	Creamed Chipped Beef Omelet Tomato and Green Pepper Salad Toast Sharp Cheese Gingerbread Milk

PANTRY-SHELF BISCUIT MIX

(Yield: 7 to 8 cups mix)

Assemble these utensils:

Assemble these supplies:

large mixing bowl

6 cups sifted flour

pastry blender or two knives

3 tablespoons baking powder

sifter measuring cup 1 tablespoon salt 1 cup shortening

measuring spoons covered container

Steps in preparation:

1. Sift dry ingredients into large mixing bowl.

- 2. Cut shortening into flour with a blender or two knives until mixture is the consistency of coarse cornmeal (finer than for pastry).
- 3. Store mix in a covered container. No refrigeration is required.
- 4. Be sure you know the technique for rolling and baking biscuits.

To make 8 to 10 biscuits add 1/3 cup of milk to 11/3 cups mix.

To make 16 to 20 biscuits add 34 cup of milk to 21/2 cups mix.

SUMMARY

- Quick meals require thoughtful planning to keep food costs down and to include needed nutrients.
- 2. The kitchen must be efficiently arranged for speedy cooking.
- 3. The friends of the short-order cook are the pantry shelf, the pressure cooker, and frozen foods.
- 4. Pressure cooking conserves water-soluble vitamins.
- 5. Thawed frozen foods must never be refrozen.

ACTIVITIES

1. Plan:

- a. a week's menu of quick meals. Make out shopping lists and a summary
 of jobs that could be dovetailed to go with it.
- b. what you could serve to five friends you asked for dinner on the spur of the moment after a football game.
- c. what kinds of snacks you could serve to a friend who dropped in unexpectedly for the evening.
- 2. Discuss the pressure cooker for cooking:
 - a. vegetables
 - b. soups
 - c. meats and main dishes
- 3. Demonstrate the use, care, and storage of the pressure saucepan.
- 4. Collect recipes and add them to your file on:
 - a. pressure-cooked main dishes.
 - b. quick casseroles from the emergency shelf.

- Make a visit to a local store and see what kinds of frozen foods are available.
- **6. Compare** the cost, time, effort of preparation, and quality of a fresh vegetable, a canned vegetable, and a frozen vegetable.

PART 4

FOOD FOR CHILDREN

The well-nourished child is a healthy, happy child who enters each phase of his daily living with a characteristic eagerness. He has a firm bony structure, his legs and arms are straight, and his teeth are well formed and sound. Although his weight is well within a normal range for his size and body structure, his entire body is covered with a thin padding of firm, smooth fat. His skin is clear, slightly moist, and of good color. His eyes are bright and free from dark circles or puffiness underneath. He likes a large variety of food and eats the food served to him with pleasure.



The Babee-Tenda Corporation, Cleveland, Ohio

The mother of such a child must be a nutritionist with a special knowledge of what her child needs at each stage of his development. Of course children must get their daily requirements of the six essential nutrients by eating foods from each of the basic seven food groups. In addition they should have codliver oil or some other vitamin D preparation daily, at least during the winter.

A healthy child requires no condiments to stimulate his appetite. Pepper, mustard, vinegar, and strong flavorings are to be avoided. Tea and coffee are entirely unsuitable for children. Sweets are highly concentrated fuel-foods and restraint should be used in serving them to children. It is better to serve such foods as jams, jellies, syrups, cake, and candy in small amounts at the end of a meal. Simple desserts such as custards, puddings, ice creams, and cookies will satisfy a child's desire for sweets.

FEEDING THE CHILD AT EACH STAGE

Food for the infant. Breast milk is the ideal food for the infant. However, when it is not possible to provide human milk for the baby, a good method of artificial feeding is satisfactory. The doctor will recommend the formula.

Both the breast-fed and artificially-fed infants require foods other than milk during the first year. Cod-liver oil or some other form of vitamin D is often started as early as ten days after the baby is born. Orange or tomato juice is added at about the fourth week and cooked, strained cereal during the second month.. After this, other foods may be added gradually, one at a time. Egg yolk can be started at the third month and vegetable puree at the fourth or fifth month. Scraped beef and liver are usually allowed during the sixth month. The early feeding of solid foods accustoms the infant to food other than milk. By the time an infant has reached the age of six months, he may be put on three or four meals a day. At the end of the first year, the foods in the baby's diet should include milk, whole egg, cereal, a variety of vegetables and fruits, bacon, and some scraped meats.

A SAMPLE MENU FOR A CHILD ONE-YEAR OLD

Breakfast

Stewed Fruit
Strained Cereal
Toast or Zwieback
Milk (8 ounces)
Cod-liver Oil or a Vitamin-D
Preparation

Mid-Morning—10 A.M.
4 to 5 tablespoons Orange Juice

Dinner

Egg Yolk or Scraped Beef or Liver
Baked Potato
Green Vegetable Puree
Custard made with an Egg Yolk
Milk (4 to 8 ounces)

Mid-Afternoon—3:30 P.M. Milk (4 to 8 ounces)

Supper

Cooked, Strained Cereal Mashed Banana Milk (4 to 8 ounces)



Courtesy Gerber's Baby Foods

Food for the child from one to three. The foods started during the first year of the child's life are continued through the second year. Just as soon as the child has teeth, it is advisable to use finely chopped rather than strained foods. During the second year, a greater variety of cereals, fruits, and vegetables are introduced into his diet. A mid-morning or mid-afternoon lunch may still be necessary during the second year. At this stage, the child is ready for and can easily digest simple desserts of custards, puddings, gelatins, and homemade ice cream. Cereal may be served only once a day and a bland food such as rice or macaroni be given in place of a second portion of cereal. A protein food such as liver, chicken, coarse boneless fish, cottage cheese, or peanut butter may be given at dinner.

A SAMPLE MENU FOR A CHILD EIGHTEEN MONTHS OLD

Breakfast

1/2 cup Orange Juice or

1 cup Tomato Juice Whole-Grain Cereal

Bacon

Hard, Dry Toast Milk (1 cup)

Mid-Morning Lunch

Cod-liver Oil or a Vitamin-D

Preparation

Milk (½ to 1 cup)

Plain Soda Cracker or Graham Cracker

Dinner

Scraped Beef

Baked Potato Chopped Peas Slice of Whole-Wheat Bread and

Butter or Fortified Margarine

Custard Milk (1/2 to 1 cup)

Supper

Poached Egg on Toast Chopped Spinach

Applesauce

Milk (1 cup)

Food for the child from three to five. The basic character of the diet does not change during these years. The child from three to five will appreciate a greater variety in his foods and will show an interest in their flavor and appearance. Cream soups and vegetable soups can be added now without danger of crowding out other foods. Simple desserts in the form of cornstarch puddings, junkets, and ice cream will be welcomed by the pre-school child. Cod-liver oil concentrate is continued throughout these years.

A SAMPLE MENU FOR A CHILD THREE TO FIVE YEARS OLD

Breakfast

Stewed Apricots Cooked Whole-Grain Cereal Whole-Wheat Toast with Butter or

> Fortified Margarine Milk (1 cup)

Mid-Morning Lunch

½ cup Orange Juice or 1 cup Tomato Juice Cod-liver Oil or a Vitamin-D

Preparation

Dinner

Broiled Lamb Chop

Baked Potato Chopped Kale Vanilla Junket

Milk (1 cup)

Supper

Cream of Chicken Soup

Peanut-Butter Sandwich Baked Apple

Milk (1 cup)

Food for the child from five to eight. Meals at this time are planned to fit in with the school schedule. Lunch, or dinner, as the mid-meal is still the heavy one, may be eaten at home or in school. Quantities are increased to take care of increased food needs.

On reaching school age, the child's eating habits should be so well established that he is eating all of the important foods. He is able to eat almost any food eaten by the rest of the family. However, if the family meals include many rich and highly concentrated foods, it is advisable to continue the simple menus of the pre-school period. Adult foods such as pastries, hot breads,

griddle cakes, and rich desserts must not be offered to the child. It is a very bad practice for the adults in the family to tempt the young child with bits of forbidden foods.

A SAMPLE MENU FOR THE CHILD FIVE TO EIGHT YEARS OLD

Breakfast

½ cup Orange Juice or 1 cup Tomato Juice Poached Egg on Toast

Milk (1 cup)

Mid-Morning
Cod-liver Oil or a Vitamin-D
Preparation

Milk (½ to 1 cup)

Dinner

Creamed Chicken Baked Potato

String Beans Chopped Lettuce Lemon Pudding

Milk (1 cup)

Supper

Oatmeal Chowder Carrot Strips

Bran Muffins

Fruit Compote

Food for the child eight to twelve years old. When a girl or boy reaches the eighth year, food habits that will carry through life are deeply rooted. At this stage, the diet is much the same as it was during the earlier years, but greater quantities of food are required. This is the period of rapid growth. Second helpings should be encouraged. However, meals should still be simple. A few well-prepared dishes will provide sufficient variety at a meal although it is also a good plan to widen the scope of foods during the early years. The school child will enjoy an occasional cup of cocoa or hot chocolate for breakfast or supper on cold days. Food between meals should be limited to fruit and milk. Candy and other confections lessen the appetite for the wholesome foods that the body requires during this period of growth.

A SAMPLE MENU FOR THE CHILD EIGHT TO TWELVE YEARS OLD

Breakfast

Sliced Oranges

Ready-to-eat Cereal

Broiled Bacon

Johnny Cake

Milk (1 cup)

Mid-Morning

Milk (1 cup)

Lunch

Vegetable Soup

Cottage Cheese on Lettuce Leaves

Fruit Salad

Whole-Wheat Bread and Butter or Fortified Margarine

Milk (1 cup)

Dinner

Dinner

Salmon Casserole Baked Potatoes

New Peas

Caramel Custard

Milk (1 cup)



FOOD PROBLEMS AND THEIR SOLUTIONS

The child is fortunate indeed, who, in his early years, has formed good food habits. Sometimes even the conscientious parent is confronted with a food problem that is difficult to handle. When children develop such habits as refusing foods, loitering over food, and using meal time for obtaining attention from adults, it is necessary to start again to build good habits. This takes much time and patience, but the results in terms of good health are well worth the effort.

Learning to like a variety of food. The child at birth has no food prejudices. This is one of the reasons for giving a variety of foods to the infant during his first year. His liking for a food comes after repeated experiences in tasting it. It is not at all unusual for an infant to spit out the first few mouthfuls of a new food. If he does, quietly remove the food and introduce it again in a week or two.

Some parents feel that it is necessary to force children to eat a certain food because it is good for them. This never fails to create a dislike for the food in question. It is much better to remove food that has not been eaten without comment and to serve the same kind of food again at a time when the child is hungry enough to eat it without urging. New foods should be introduced in small quantities, one at a time. The young child needs plenty of time to become accustomed to the flavor of a new food and will undoubtedly grow to like it if not hurried by an anxious mother. It is never wise to serve a new food immediately after an illness or after a strong emotional experience.

Attractive food and a pleasant atmosphere. Children notice the appearance of food. An interesting color combination never fails to bring a response from a child. Such foods as beets, spinach, oranges, and tomatoes are pleasing to children because of their colors. In spite of what some adults think, children recognize flavors in food and are aware when food does not taste right. Badly prepared food should be discarded. If forced to eat burnt or undercooked food a child may be easily prejudiced against that food.

Another bad practice is to use food as a carrier of an unpleasant medicine. Orange juice will soon become a food to be avoided, if it is used to cover up the flavor of castor oil.

As soon as the child has teeth, it is advisable to serve coarsely ground or cut-up food. Children enjoy having different textures in their food. Soft, crisp, and chewy should be included in a meal. However, serving too many chewy and crisp foods in one meal should be avoided. The child who eats slowly may find it discouraging to eat a meal that requires a great deal of chewing.

Gaily colored dishes, an orderly table, and food attractively arranged will go far in stimulating the appetite for food. Pleasant surroundings are always a help to good appetite and digestion. Children should not be fed in a room where there is an atmosphere of tension and hurry. A quiet, sunny corner of the kitchen or dining room is a good place for the baby's table or high chair.

An overtired child will have difficulty in eating. It is well to arrange for a short quiet or rest period before a meal for the overactive child. The adult who is helping the child to eat should maintain a calm and matter-of-fact manner. The mother who is in a hurry, overanxious, or fretful will convey her feelings to her child and thus defeat her own purpose.

Size of serving. For a child to fully enjoy his meals, his food should be served in child-size portions and so cut that he can chew it without too much difficulty. It is better to give a child too small a serving than one that is too large. Serving a second helping is easy and it is good training for the child to finish all the food on his plate. It is difficult for an adult to realize that what seems small to him appears very large to a young child. Large portions tend to discourage the child and encourage bad habits such as playing with food, gagging, and falling asleep while eating.

When sandwiches are served, they should be cut up into small, mouthsized pieces. It is better to use a filling that sticks to the bread such as peanut butter, jelly, and cream cheese, rather than a filling that will fall out, such as lettuce and tomato.

Regularity of meals. The regularity of meals is very important in the development of a proper attitude toward food. When a midmorning or afternoon meal is eaten, the food served should be light. Time must be allowed between meals for the stomach to empty and for the child to develop an appetite. Extra lunches should be discontinued when the child refuses regular meals.

Efficient eating tools. From fifteen months on, a child may help to feed himself. Once he has had some measure of success, he will not only take great delight in this activity but will also eat whatever food is put before him. Learning to feed one's self is a slow, complex task. However, provided there are proper tools and a comfortable seat, good progress is generally made. The chair should be low enough for the child to sit comfortably with his feet flat on the floor and the table should be about stomach height. Small tools that fit firmly into the child's hands can be made available; plastic drinking cups with two handles and plastic plates are suitable for the first self-feeding experiences. A good way to start the child feeding himself is to use the two-spoon system. In this system both mother and child have spoons and work at feeding the food to the child.

It is not likely that children will learn to feed themselves without some mishaps. These need not be serious. A large apron or bib to cover the child and a piece of washable oilcloth under the table will offer protection to clothes and furnishings. The careful mother will set the stage so that accidents are at a minimum and will casually ignore them when they do happen. Too much attention when accidents occur may cause a child to have even more accidents at mealtimes.

Children at the family table. There is no hard-and-fast rule about when children should be served at the family table and when they should eat alone. Each family must decide what is best for it. In some homes, it is customary for the evening meal to be served late. When this is true, it is better for the

child to be given his meal at an earlier hour. However, it is a good learning experience for the child to be served at the family table. If the children are to share adult meals, it is important for the grownups to observe certain rules in order that everyone may share in the enjoyment of the meals.

Each child should have a comfortable place to sit—one that isn't too badly damaged by spills—and his own eating tools. The food served at the family table is to be eaten and enjoyed by all. Therefore, avoid serving rich dishes that are forbidden to children. Include the youngsters in the conversation occasionally, but avoid making them the center of attraction. Steer away from talking about food, especially if a child has any food prejudices. Only one adult should direct the child's eating. Corrections from many people are tiring and confusing. If admonitions on food intake and table manners threaten the general conversation at the table, reconsider whether or not the child is old enough to share the family dinner hour.

The example set by the parents and older brothers and sisters plays a large part in establishing good or bad food habits in children. Many children associate themselves with some beloved member of the family by having the same food likes and dislikes. One ten-year-old made the remark, "Daddy and I get sick when we eat any vegetables except string beans." Only when the father of this child willingly eats vegetables will she accept vegetables in her meals. A mother openly confessed in the presence of her child that she detested milk. This kind of remark could very easily lead the child to dislike milk.

SUMMARY

- Children require simple, easily digested foods which supply them with the six essential nutrients.
- 2. In addition, they need fish-liver oil or some other vitamin-D preparation.
- 3. A child should gradually learn to like a wide variety of foods.
- 4. A pleasant atmosphere is always an aid to good appetite and digestion.
- 5. The example set by parents and older brothers and sisters plays a large part in establishing good or bad food habits in a child.

ACTIVITIES

1. Prepare:

- a. a luncheon that would be suitable for a family which includes a sixyear-old child.
- b. vegetables such as spinach, kale, carrots, and potatoes in a variety of ways that you think would be especially appealing to children.

2. Plan:

- a. a day's meals suitable for a three-year-old. Check the meals for nutritive value to determine whether they are suitable for a family which includes a homemaker, a father who is a mechanic, a high-school boy, and a grandfather. What changes would you make, if any.
- b. a family luncheon which a six-year-old might help to prepare and serve. Tell just how the six-year-old might help.

c. an exhibition of suitable eating utensils for the child from two to six. Invite several young mothers to attend the class and take part in a discussion of how to help children form good eating habits.

3. Suggest:

- a. procedure to the mother of a four-year-old child who has suddenly taken a dislike to cereal.
- b. some pleasing meat-and-vegetable combinations for the pre-school child. Discuss the size of a normal serving for a child as compared with the normal serving for an adult.
- 4. Visit one of the lower grades during their lunch time. Keep a diary of your observations on food habits. Discuss them in class.
- 5. Make a collection of menus and recipes for children's food.



FEEDING THE CONVALESCENT

It is a rare family that does not have a few minor illnesses every year. Appetizing food can greatly hasten recovery as well as make the stay in bed more pleasant. The physician, if the illness is serious enough to call for a departure from the family menu, will suggest a liquid, a soft, or a light diet.

PATTERNS FOR CONVALESCENT DIETS

LIQUID	SOFT	LIGHT
Strained Fruit Juice Milk Drinks Soft Drinks Broth Cream Soups Cereal Gruel Junket Ice Cream	Liquid Diet Plus: Milk Toast Vegetable Soup Well-Cooked Cereals Mashed Vegetables Soft-Cooked or Poached Eggs Cottage Cheese Strained Fruits Gelatin Custard Puddings	Liquid and Soft Diet Plus: Creamed, Roasted, or Broiled Chicken Poached, Broiled, or Baked Fish Lean Meats Young Green Vegetables Salads Breads Fruits Desserts

It is challenging to try to get as much variety as possible in color, texture, form, and flavor in the convalescent diet. The right temperature, too, is



Watson from Monkmeyer

On the road to recovery.

important. Cold things must be served well chilled and hot foods hot. Avoid highly seasoned food and too sweet foods that dull the appetite. Food served on a tray is difficult to cut. Therefore, it is preferable to serve easy-to-eat foods. To avoid spilling liquids, glasses, cups, and soup bowls should not be filled to capacity.

A tray that is large enough to carry a meal without seeming crowded is desirable for service. It may be covered with a cloth, or in the case of a contagious disease, a paper napkin. Dishes should be alternated to avoid monotony. By a trip to the five-and-ten cent store you can find articles which do much to brighten up a tray. A single flower from the garden or a bright piece of fruit will do much for the patient's morale. Hospitals sometimes make use of a brightly colored napkin or a flower as a surprise on the tray. It is pleasanter for the patient if someone stays and chats with him while he is eating. He will probably not leave as much on his tray.

RASPBERRY JUNKET

(Number served: 4)

Junket is highly nutritious and easily digested. It can be made with a minimum of time and skill. Junket is often used as a dessert for children.

Assemble these utensils:

Assemble these supplies:

saucepan spoon 1 package of raspberry junket powder

sherbet glasses

1 pint milk

waxed paper for covering

Steps in preparation:

1. Warm the milk to lukewarm (98° F.). Remove from stove.

- Crush the powder until it is free from lumps, turn into lukewarm milk, and stir briskly. Count 60 while stirring for the stirring time is 1 minute
 —no more and no less.
- 3. Then at once pour into dessert glasses and allow to stand undisturbed for 10 minutes at room temperature.
- Remove without jarring to the refrigerator to chill and become firm.
 Cover with waxed paper.
- 5. Serve after chilling. Garnish if desired.

A good junket dessert has these qualities:

a smooth texture,

a delicate flavoring,

a chilled temperature,

an added garnish as desired.

MILK TOAST

(Number served: 1)

Milk toast is frequently suggested and should be made carefully so that it is delicious. Incidentally, you will enjoy it for breakfast, too.

Assemble these utensils:

Assemble these supplies:

1 slice bread

½ cup top milk or cream

½ teaspoon butter salt, if desired

measuring spoon measuring cup knife

toaster

saucepan

bowl for serving, heated

pitcher for milk

Steps in preparation:

- 1. Toast the bread on both sides.
- 2. Heat the milk, butter, and salt together. Place in a pitcher or cup.

3. Combine just before serving by pouring the hot milk over the toast in a heated soup bowl.

A good milk toast has these qualities:

- a crisp toast foundation,
- a generous amount of milk or cream,
- a freshly combined texture,
- a hot temperature.

SUMMARY

- 1. Minor illnesses occur in the best regulated families. At such times, the invalid should be served tempting and nutritious food.
- 2. The physician may recommend a liquid, a soft, or a light diet.
- 3. It is desirable to serve food at the right temperature. Avoid highly seasoned and difficult-to-eat-foods.
- 4. An attractive tray and pleasant company will help the patient enjoy and eat his meals.

ACTIVITIES

- 1. Discuss the kinds of diet commonly used in cases of minor illnesses.
- Learn to prepare the foods most commonly served to invalids and convalescents.
- 3. Demonstrate attractive arrangements of an invalid's tray.





1. The Preserving of Food at Home



PART I

THE PRESERVING OF FOOD AT HOME

The maintenance of a year-round supply of food is one of the triumphs of our civilization. While it would be impossible to consume in its fresh state all of the food we produce, still, without some method of preserving these surplus crops, we would have times of famine in between harvests. Some foods, of course, keep better than others. Grains keep well and root vegetables and apples and pears can be stored in a dry cool cellar for several months. On the other hand, milk, meats, fish, poultry, green vegetables, tomatoes, peaches, plums, and citrous fruits start to deteriorate almost immediately if some efficient form of preservation is not used.

WHY FOODS SPOIL

Foods spoil as the result of the action of *microorganisms* and *enzymes*. Microorganisms include yeasts, molds, and bacteria and they are omnipresent in soil, water, and air. These *spoilage agents*, as they are sometimes called, bring about a change in the appearance and smell of foods that is almost always undesirable or even harmful. Cheese is the exception. Cheese is ripened by mold. Examples of the undesirable action of microorganisms are seen in the fuzzy growth that appears on bread stored too long in a warm, damp place and the strong, unpleasant odors of milk, eggs, meat, and vegetables when kept past their prime.

Enzymes are organic substances found in all living matter. Enzyme action resulting in decay can be seen in overripe fruits which show large, soft, watery areas.

The problem in preserving food is to find a way to prevent the development of enzymes and microorganisms or to destroy them. Freezing will do the former and the use of sufficient heat will do the latter.

FREEZING FOOD

Since freezing does not stop spoilage, but merely delays it, the microorganisms and enzymes become active as food is thawed. Foods that have once been frozen are more susceptible to spoilage than fresh foods and that is why frozen foods that have thawed should be cooked immediately. Even in the frozen state foods gradually deteriorate in quality and should not be kept for more than six to eight months. 0° F. is the ideal temperature and the one that preserves them best.

Frozen foods are closer to the fresh in color and flavor than canned ones, but unfortunately not all foods can be frozen. Strawberries, red raspberries, loganberries, sour cherries, peaches, fruit juices, peas, lima beans, green beans, broccoli, corn, asparagus, spinach, and squash are excellent, but melons, lettuce, onions, cucumbers, radishes, and tomatoes have never been successfully frozen. Only the best quality of any food should be preserved in this way.

Vegetables and fruits need some pre-freezing treatment. Vegetables are scalded to stop the action of enzymes which would cause loss of color, flavor, and food value. Since fruits to be served raw are not scalded, enzyme action is delayed in them by packing them in a syrup. A second reason for the syrup is that fruits such as apples, peaches, plums, and apricots turn brown when their cut surfaces are exposed to the air. One kind of solution that may be used is a citric-acid solution made with ½ teaspoon citric acid to 1 quart of water. Another excellent method of preventing browning, but more expensive than the first mentioned, is to add ¼ teaspoon ascorbic acid to each 1 or 1½ cups syrup. The syrup is then poured over the fruit. A third method is to pack the fruit in dry sugar which draws out the juice to form a syrup. Apples are a special case. All they need is to be immersed in boiling water for 1½ to 2 minutes to prevent their browning.

After their special treatment, foods to be frozen should be chilled and placed in vapor- and moisture-proof containers. Cartons with heat-sealing linings are very popular. These should be tested with water to be sure they do not leak. Foods incorrectly packaged will dry out and lose vitamin value.

VEGETABLES FOR FREEZING—PREPARATION AND PACKING1

VEGETABLE	HOW TO PREPARE	TIME TO SCALD
Asparagus	Wash well and cut into desired lengths. Sort into 3 groups, according to thickness of stalk. Scald, chill, and pack.	2-4 minutes in boiling water, according to the size of stalk.
Beans, Snap	Wash well, cut off stem and tips. Leave whole, slice, or cut into pieces. Scald, chill, and pack.	2 to 3 minutes in boiling water.
Broccoli	Cut off large leaves and tough stalks. Wash well and soak, heads down in salted water (4 teaspoons salt to 1 gallon cold water), for about ½ hour. Split lengthwise so heads are not more than 1½ inches across. Scald, chill, and pack.	3 minutes in boiling water.
Corn, on cob		6 minutes in boiling water for slender ears; 8 minutes for medium; 10 minutes for large, thick ears.
Greens	Wash well, remove imperfect leaves and large, tough stems. Scald, chill, and pack.	1 to 2 minutes in boiling water.

¹ Based on "Home Freezing of Fruits and Vegetables," U. S. Department of Agriculture, AIS-48, 1946.



An Indiana garden, a boy, a tomato. It may look prettier the way Big Sister fixes it at meal-time, but this hits the spot right now.



Courtesy Wear-Ever Aluminum New Method Instruction Book
A sample of what our country produces for its people.



USDA Knell from Monkmeyer A quick scalding is all the cooking necessary for peas that are to be frozen.

HOME-FROZEN PEAS

Assemble these utensils:

2 large bowls dish pan wire basket or colander 3-4 quart kettle hand iron

treated cellophane bags

Assemble these supplies:

4-5 pounds of unshelled peas

Steps in preparation:

- 1. Shell sweet, tender peas. Sort out immature and tough ones.
- 2. Wash peas and pour into wire basket to drain.
- 3. Dip the shelled peas into rapidly boiling water for 1 minute. Cover kettle.
- 4. Chill scalded peas at once in iced water or running cold water until a broken pea feels cold to the tongue. Drain.
- 5. Pour peas into freezing package, leaving ½ inch head space at top. Wipe moisture from inside edge of bag. Press out air.
- 6. Heat-seal bag, using a warm hand iron.
- 7. Put filled containers in freezing compartment. Store at 0° F.



Kerr Glass Manufacturing Company

Strawberries are very good fruit for freezing.

FRUITS FOR FREEZING-PREPARATION AND PACKING1

FRUIT	HOW TO PREPARE	SYRUP TO PACK WITH
Apples	Core, peel, and cut into sections of uniform thickness (about 12 sections for medium-sized, more for larger apples to insure sufficient scalding). Scald apples in boiling water 1½ to 2 minutes to prevent darkening. Or if syrup is used for packing, slice apples directly into it.	Pack 1 part by weight of sugar to 3 or 4 parts by weight of fruit (1 cup sugar to 5 cups fruit), or in syrup to cover (3 to 4 cups sugar to 4 cups water).
Cherries	XX71- 1	Dools in 1 most by maight of sugar
Sour	Wash, drain, and pit.	Pack in 1 part by weight of sugar to 3 or 4 parts by weight of fruit. (1 cup sugar to 4–5 cups fruit).
Sweet	Wash and drain. Pit or not, as desired.	Pitted. Pack in 1 part by weight of sugar to 4 parts by weight of fruit. (1 cup sugar to 4 to 5 cups fruit). Whole. Pack in syrup to cover (3 cups sugar to 4 cups water with ½ teaspoon ascorbic acid added to each 1 to 1½ cups syrup).
Rhubarb	Wash, trim, and cut stalks into 1-inch pieces.	Pack without sugar; or pack in 1 part by weight of sugar to 4 or 5 parts by weight of rhubarb (1 cup sugar to 5 to 6 cups fruit; or in a syrup to cover (3 cups sugar to 4 cups water).
Strawberries	Sort, wash, drain well, and cap. Leave berries whole, or slice.	Pack in 1 part by weight of sugar to 3-4 parts by weight of fruit (1 cup sugar to 5-8 cups fruit). Pack tightly so juice covers ber- ries.

¹ Based on "Home Freezing of Fruits and Vegetables," U. S. Department of Agriculture, AIS-48, 1946.

HOME-FROZEN PEACHES

Assemble these supplies:

1 bushel peaches (freestone)

1½ cups syrup

syrup to cover (proportions—3

cups sugar to 4 cups water)

1/4 teaspoon ascorbic acid for every

Assemble these utensils:

large bowl

wire basket or colander

large saucepan

large dish pan

sharp knife measuring cup

measuring spoons

cartons with heat-sealing liner of specially treated cellophane.

dish cloth

hand iron

Steps in preparation:

Examine peaches carefully. Remove those that are overripe and bruised.
 The good portions of these can be used for fruit jams and butters.

Make a syrup of sugar and water. Heat together stirring until sugar is dissolved. Bring to a boil and cook until syrup is clear. Chill. Add ascorbic acid.

3. Dip fully ripe peaches about 15 to 30 seconds in boiling water to loosen the skins.

4. Chill peaches quickly in cold water for 15 to 30 seconds.

5. Slip peel from peaches, pit, and cut into sections. Handle fruit as quickly as possible.

6. Put peaches in containers and cover them with cold sugar syrup.

7. Wipe the inside edges of liner clean and dry. Press out air and seal with a warm iron. Label containers.

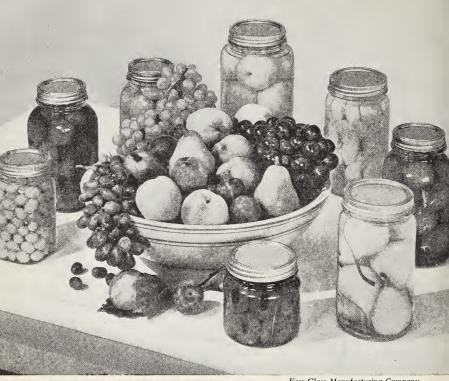
8. Put filled, labeled boxes into the refrigerator to keep cold until all are ready to go into the freezer.

9. Freeze. As soon as peaches are frozen store at 0° F. or lower.

USING HEAT TO PRESERVE FOOD

The use of sufficient heat will actually destroy the enzymes and microorganisms which would otherwise cause food to spoil. This process is known as *sterilization* and it is the principle used in canning. Both the food and the container are sterilized and then the container is hermetically sealed so that the air cannot introduce new microorganisms.

Canning is an economical and fairly simple way of preserving food. If she plans and organizes well, the homemaker can be sure of success. As in everything else, there are a few general rules to follow and precautions to take. Do not attempt more than a few jars at a time. It is distressing to have prepared too much food for the equipment on hand or the amount of time you have. The chart on the following page should help you estimate.



Kerr Glass Manufacturing Company Summer's beautiful fruit, and a handsome display for next winter.

AMOUNT OF RAW FOOD REQUIRED FOR A YIELD OF ONE QUART1

KIND	QUANTITY RAW
Apples	2½ pounds
Asparagus	3½-4 pounds
Beans, Lima	4–5 pounds
Snap	1½ pounds
Beets, baby, without tops	2½ pounds
Berries	1½-1½ pounds
Carrots	2½ pounds
Cherries	1½-2½ pounds
Corn	6–10 ears
Grapes	2½ pounds
Greens	$1\frac{1}{2} - 2\frac{1}{2}$ pounds
Peaches	2-21/2 pounds
Pears	2–2½ pounds
Peas	4 pounds
Pineappl e	2 average size
Plums	1½-2 pounds
Pumpkin	4 pounds
Sweetpotatoes	$2\frac{1}{2}$ = 3 pounds
Tomatoes	2½-3½ pounds
	*

¹ Based on "Home Canning," U. S. Department of Agriculture, F. B. 1762.

Before you start, equipment should all be checked to make sure it is in good working order and should then be arranged so that steps in canning can follow an orderly sequence. Once you have begun, avoid delays in completing the processing as food that stands around will spoil. Don't fill the jars too full or they may leak and do keep an accurate count of time. Canned foods must not be undercooked or overcooked. When the time is up and you remove the hot jars, avoid putting them down on a cold surface and never let them stand in a draft.

Canning is far from being a dangerous activity. However, because of carelessness or ignorance accidents sometimes occur. The best directions to follow are the latest ones put out by the United States Department of Agriculture. Other things you can do to make canning safe are: use standard glass containers manufactured for the purpose (commercial food jars will not necessarily withstand the temperature needed for canning some foods); use canning tongs, canvas gloves, or thick pot holders to grip hot jars and lids; leave head room in jars for expansion of food and liquid, and, as mentioned above, avoid subjecting jars to sudden changes of temperature. Hot jars should be placed on racks or on a wooden or linoleum surface to cool gradually. Always remove the cover from the canner by lifting it away from you. Hot steam might cause face or chest injuries.

Sometimes there is a slip-up in the canning process and the food spoils. There are a number of places where something might go wrong. For that reason, inspect food from cans before cooking it. Canned food that has an off-odor is spoiled and should be discarded. Never taste it. If there is any doubt burn the food or discard it in some way so that it will not be eaten by humans or animals. There are several kinds of spoilage to watch for. Fermentation can be identified by bubbles of gas in the jar and a sour odor. It may cause tin cans to bulge. Flat-sour spoilage is caused by a type of bacteria that produces acid without gas and therefore must be identified on the basis of slight odor and a cloudy appearance of the liquid. Corn, peas, and snap beans are particularly subject to this kind of spoilage, especially if they are stored at too high a temperature. Putrefaction produces gas, a bad odor, and the softening and darkening of canned food. It is found in foods low in acidity such as meats, peas, and corn. Botulinus is the most dangerous type not only because it is so often fatal, but also because it gives no identifying sign. The spores of the botulinus bacteria are extremely heat resistant and to safeguard against spoilage due to them, processing non-acid food in a pressure canner is recommended.

Jars that have had spoiled food in them must be sterilized for protection against spoilage a second time. To do this, boil the jars and lids for 10 minutes in a solution of ½ cup washing soda to 1 gallon water.

There are two good methods of canning food in general use. One of them, using a pressure canner, is suitable for any kind of food. The other, the waterbath method, can be used safely only for acid fruits and tomatoes since the temperature of boiling water does not go above 212° F.

Canning by the water-bath method. This is a quick and efficient way of canning acid foods. A water-bath canner can be purchased at a reasonable price in many department and hardware stores or a very good one can be improvised by using a wash boiler or any vessel that has a tight fitting cover and is roomy enough to hold several jars and to allow covering them with two inches of water. This vessel should be equipped with a basket or a wooden or wire rack which fits in the bottom of the container.

Fruits may be canned with or without sugar. If it is used, either cane or beet sugar is fine, but brown sugar is not recommended because it may contain impurities. The best way of sweetening fruit is to add a small amount of dry sugar directly to it and then heat it to draw out its juice. The fruit may be cut to increase the flow of juice. If this does not produce enough liquid, extra juice prepared by crushing and heating riper fruits may be added. This method is quicker and produces a more flavorsome product than adding a sugar-water syrup. If you do decide to use a syrup made with water, be sure to make plenty ahead of time so that you will have it when you need it. A very thin syrup is made with 4 cups of water to 1 cup sugar, a moderately thin one with 3 cups of water to 1 cup of sugar and a medium syrup with 2 cups of water to 1 cup of sugar. Corn syrup may be used for part of the sweetening. The sweetness of corn syrup would be equivalent to that of a medium syrup.

TIMETABLE FOR PROCESSING ACID FOODS1

(For all altitudes above 1000 feet, add 1 minute for each 1000 feet when processing time is 20 minutes or less. Add 2 minutes for each 1000 feet when processing time is longer.)

FOOD	PACK	TIME TO PROCESS IN BOILING WATER BATH AT 212°F. IN MINUTES
Apples	Pack hot, cover with hot liquid.	15
11	Applesauce, hot pack.	10
Berries (except Strawberries)	Firm berries, pack hot and cover with hot liquid.	15
	Soft berries, pack raw and cover with boiling juice or syrup.	20
Cherries	Can with or without pits. Pack hot cover with boiling juice or syrup.	15
Peaches	Pack hot; cover with boiling juice or syrup.	20
Pears	Pack hot; cover with boiling juice or syrup.	20
Pineapples	Pack hot; cover with boiling juice or syrup.	25
Plums	Pack hot; cover with boiling juice or syrup.	15
Rhubarb	Pack hot; cover with hot juice.	10
Strawberries	Pack hot; cover with hot juice.	15
Tomatoes	Pack hot and add 1 teaspoon salt to each quart.	15
Tomato Juice	Heat to boiling; leave 1/4 inch head space.	15
Fruit Juices	Heat gently to 170°F. Fill into hot jars. Leave 1/8 inch head space.	20

¹ Based on "Home Canning of Fruit and Vegetables," U. S. Department of Agriculture, AIS-64, 1946.



Dip tomatoes into boiling water for one minute and then into cold water and the skin will be easy to slip off.



CANNED TOMATOES

(Yield: 1 quart)

Tomatoes are easy and quick to can at home. In general, they are inexpensive at the peak of the season, in late August and early September.

Assemble these utensils:

Assemble these supplies:

water-bath container and rack

 $2\frac{1}{2}$ to $3\frac{1}{2}$ pounds of tomatoes

jars with rubber rings and glass tops

salt

or metal lids

long-handled wooden spoon

colander

sharp paring knife 3–4 quart kettle

rack

spatula

bottle brush flat baking pan dish pan labels

Steps in preparation:

- 1. Use only jars and tops free from cracks and nicks. Discard all others as unfit for use.
- 2. Wash jars in hot, soapy water and rinse them in clear, hot water. Place the jars on their sides, in a flat pan. Bring the water to the boiling point and boil jars for 15 minutes to sterilize them.
- 3. Pick out and use only firm, ripe tomatoes.
- 4. Wash tomatoes clean, place in colander and dip into boiling water for about one minute. Plunge immediately into cold water and with a sharp paring knife, cut out the stem ends; the skins will then slip off very easily.
- 5. Cut tomatoes in quarters and heat the tomatoes in their own juice. This will help to shrink them and pack more tomatoes per jar.
- 6. Remove and pack tomatoes in jars; fill jars to ½ inch of the top.
- 7. Add 1 teaspoon of salt to each quart.
- 8. Work out the air bubbles with a spatula or knife blade.
- 9. Wipe all food away from the rim of the jar. Food adhering to this part of the jar will cause incomplete sealing.
- 10. Dip rubber rings and lids in boiling water and place carefully on jar. Follow directions for putting on different kinds of caps.
- 11. Place each jar on rack in water-bath. Leave enough space between the jars for the water to circulate freely and add enough water to cover the jars 1 to 2 inches.
- 12. Put on lid and start counting the time when water boils briskly. Process for 15 minutes.
- 13. Remove jars at end of processing time. Complete sealing, if necessary.
- 14. Cool jars for 24 hours on racks or wooden boards away from drafts.
- 15. Wipe jars, label, and store in a cool place.



Work out air bubbles gently with a table knife.

Handle hot jars by pressing firmly from the side. Never lift by taking hold of the lid, as this may break the air seal, thus spoiling the food.

New York State College of Home Economics



Canning by the pressure-canner method. The pressure canner heats food to a temperature higher than that of boiling water. No other method of canning is entirely safe for non-acid foods. These include non-acid vegetables, meat, poultry, and fish.

There are some special precautions to take in using a pressure canner. For best results, follow the manufacturer's directions. Always check the safety valve and the pressure release valve to make sure that there are no particles of food blocking it. The pressure gauge can be removed and should be sent back to the manufacturer occasionally to be checked for accuracy. Avoid adding cold water to a hot pressure canner. Sudden extremes of temperature may crack the jars. Wait for 2 minutes after the pressure gauge registers 0 before opening the petcock and never try to pry loose a stubborn cover. If the cover sticks, put the canner back on the stove and heat it. Then it will come off easily.

TIMETABLE FOR PROCESSING VEGETABLES IN THE STEAM PRESSURE CANNER1

(For every 2000 feet above sea level, add 1 pound pressure to the 10 pounds ordinarily used for processing.)

FOOD	PACK	PRESSURE 10 POUNE	PROCESS IN CANNER AT ps (240°)F. NUTES
Asparagus Beans, Lima Snap Beets Carrots Corn, whole grain cream style Greens Peas Pumpkin, cubed Squash, Summer Winter Sweetpotatoes	Pack hot; cover with hot cooking liquid. Pack hot; cover with hot cooking liquid. Pack hot; cover with hot cooking liquid. Pack hot; cover with hot boiling water. Pack hot; cover with hot cooking liquid. Pack hot. Pack hot. Pack hot; cover with hot cooking liquid. Pack hot; cover with bot ling water.	Pints 25 35 30 25 20 55 85 95 40 55 30 55 55	Quarts 55 60 40 55 25 85 —2 105 40 90 40 90

¹ Based on "Home Canning of Fruits and Vegetables," U. S. Department of Agriculture, AIS-64, 1946.

² Not recommended.

CANNED STRING BEANS

(Yield: 1 quart)

All vegetables except tomatoes because of their high acid content can be canned according to the directions given here for string beans. The processing time varies for the different vegetables.

Assemble these utensils:

Assemble these supplies:

measuring spoon

11/2 pounds string beans

pressure canner and rack

1 teaspoon salt

glass jars with rubbers and covers or metal caps

cheesecloth

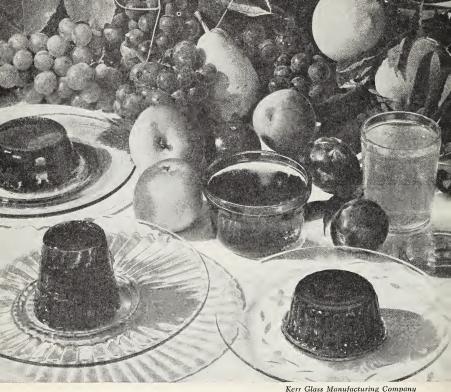
wooden board

colander

sharp knife kettle (3-4 quarts) labels

Steps in preparation:

- 1. Check pressure canner to see that it is in good condition.
- 2. Wash thoroughly, in hot soapy water, all jars, tops, and rubbers.
- 3. Use only jars and tops free from cracks and nicks. Discard all others.
- 4. Select young, fresh beans and wash as many times as necessary to remove all dirt clinging to them.
- 5. Trim and cut beans.
- 6. Place cut beans in a square of cheesecloth, cover with boiling water, and blanch for five minutes.
- 7. Pack hot beans in jar to within ½ inch of top. Do not pack tightly.
- 8. Add one teaspoon of salt to one quart of beans and cover with boiling water. (Use water in which the vegetables were blanched.)
- 9. To prepare jars for processing, follow directions for type of cap used.
- 10. Pour at least one inch of water in the bottom of pressure canner.
- 11. Place the jars on the rack at the bottom of the canner, leaving enough room around each jar so that the jars do not touch each other.
- 12. Open the petcock of the cooker and heat to force steam and air out. Leave the petcock open for at least seven full minutes of a steady stream of steam. Then close the petcock. Permit pressure to rise to 10 pounds.
- 13. Process beans for 40 minutes. Adjust the flame so that the pressure remains constant.
- 14. When the jars have been processed for the required amount of time, turn off the heat and let the cooker cool slowly. Let the pressure return to zero, then wait 2 minutes before opening the petcock.
- 15. Remove the top of the pressure cooker by lifting it away from you so that the steam will escape toward the back.
- 16. Remove jars from canner and, if necessary, tighten lids.
- 17. Cool jars for 24 hours on rack or wooden boards away from drafts.
- 18. Wipe jars, label, and store in a cool place.



Try experimenting with different fruits for new flavors in jelly after you have become familiar with the values of acid and pectin. Many combinations which are not too sweet make good accompaniments for meat.

Making jelly. It requires careful attention to the job in hand to turn out jars of sparkling, clear jelly, but a well-made jelly is a beautiful sight to behold as well as a pleasure to eat. Jelly is prepared by cooking the juice of certain fruits together with sugar in the correct proportion. Unfortunately, there is some uncertainty about jelly making. For a good jelly, the right kind and the proper proportion of pectin and acid must be present in the fruit. The acid and pectin contents of different fruits vary. While some fruits are rich in pectin and low in acid, others have a low pectin content and are high in acid. Ripeness is a factor which alters the content of the fruit. In general, fruit that is slightly underripe contains more pectin than ripe fruit. This is the underlying reason for using a mixture of ripe and underripe fruit in jelly making. The fruits that contain good amounts of pectin and are considered good jelly fruits are sour apples, crab apples, currants, cranberries, wild and Concord grapes, and raspberries. Fruits that lack pectin are peaches, plums, strawberries, sweet apples, and cherries. Some of these fruits are also lacking in acids. Sometimes a fruit low in pectin is combined with one that is high in both acid and pectin. These combinations are often made: apple and blackberry, tart apple and quince, and sweet plum with wild grape.

When fruit juices are low in pectin, it is economical both from a money and time standpoint to use a commercial pectin. Both powdered and liquid forms can be used successfully. In either case, manufacturers' directions must be carefully followed.

It is best for the beginner to practice one kind of jelly with small amounts of fruit. By so doing, she will learn to recognize the different stages in jelly making and will conquer her feeling of uneasiness about a possible failure. Fruit must be thoroughly washed to remove residues of spray and any decayed portions must be discarded. The skins of hard fruit such as apples and quinces are left on, as they contain valuable amounts of pectin. Berries should be hulled and stemmed. After cleaning the fruit, mash it to extract the juice. Since uncooked fruit does not contain sufficient pectin in the right form for jelly formation, cooking is essential. The very least amount of water necessary is used; large amounts would dilute the pectin.

EXTRACTING FRUIT JUICES

FRUIT	AMOUNT OF WATER PER POUND OF PREPARED FRUIT
41	1
Apples	1 cup
Crabapples	1 cup
Blackberries	Firm fruit, ¼ cup; soft fruit, none
Black Raspberries	Firm fruit, ¼ cup; soft fruit, none
Cranberries	3 cups
Currants	None
Gooseberries	None
Concord Grapes	½ cup or none
Wild Grapes	1 cup
Plums, Wild, Goose Type	½ cup
Quinces	2 cups
Red Raspberries	None

Fruit juice is best extracted in a large, broad, flat-bottomed kettle. The fruit is cooked until it is soft. Then it is poured into a jelly bag made of flannel or several layers of cheesecloth which have been adusted to drip over a bowl. After a time when there is only an occasional drip, press the jelly bag to extract all of the juice. This should be strained a second time through a clean jelly bag.

It is economical to get a second extraction from fruits that are rich in pectin such as crabapples and grapes. To do this, the pulp is returned to the kettle after the first extraction, covered with water, and kept at the boiling point for 20 minutes. The jelly made from this product will be satisfactory but not so fine a product as that made from the first extraction, as the juice is cloudier and the jelly therefore cannot be so clear and translucent.

Fruits of high-pectin content require a larger amount of sugar than fruits that are lower in pectin. The amount of sugar used in jelly making varies from 3/3 to 1 cup of sugar per cup of fruit-juice extract. Expert opinion, based



Taylor Instrument Company, Inc.

To obtain clear, firm jelly, watch the thermometer carefully.

JELLY FAILURES-CAUSES AND REMEDIES

COMMON FAILURES	CAUSES	REMEDY
Sugar crystallization	High concentration of acid potassium tartrate, occurs most frequently in grape jelly.	Let juice stand in refrigerator several hours before making the jelly.
Weeping (Separation of liquid from jelly)	Using a fruit too high in acid or too much pectin concentrate.	
Cloudiness	Too much pressure used when extracting the fruit juice.	Avoid using pressure when extracting fruit juice.
Gummy jelly	Overcooking.	Make the jelly test every few minutes during cooking. Remove immediately from heat when the jelly stage is reached.
Loose, soft jelly	May be caused by too much water used in the extraction of juice from fruit.	Make pectin test ¹ before cooking jelly. Add commercial pectin if the results are negative.
Mold formation	Failure to sterilize jars, incomplete seal.	Sterilize jars. Wipe rim of jelly glass clear of all foods before making the seal.

¹ Place 1 teaspoon of fruit juice in a small dish and over it sprinkle 2 teaspoons of alcohol. Gently mix. After 1 minute examine the precipitate. A large mass that holds together indicates pectin of good jelly-making quality. A small precipitate which breaks up easily is a sign that there is less pectin present. Do not taste precipitate.

on scientifically conducted studies, indicates that it is better to use slightly less than the amount given than it is to use a greater quantity.

The sugar and fruit-juice mixture is stirred only until it dissolves and then permitted to boil rapidly until the jellying stage is reached. This stage may be determined by using a candy thermometer, 218° to 222° F. (at sea level). Another way to test for the jellying stage is to dip a large metal spoon into the mixture, lift, and tilt the spoon noting how the syrup drips from it. When the jellying stage is reached, the drops will run together and form a sheet. Then turn off the heat, skim the foamy top layer off, pour the hot mixture immediately into sterilized glasses and seal with paraffin.

Jams and their close relations. Jams are not quite so aristocratic a product of fruit as jellies, but they, too, are delicious foods. This question is frequently asked: "How can you tell a jelly from a jam?" A jam has crushed or sliced fruit that has been cooked with sugar until it is thick and even textured. Soft-textured fruits that are well ripened can be used for jam. Although there may be small easily identified pieces of fruit in the finished product, no attempt is made at retaining the shape of the fruit. Sugar is used in the proportion of 3/4 pound of sugar to 1 pound of fruit.

Preserves are whole fruits or pieces of fruit cooked in a heavy syrup until clear and tender. The fruit is actually stored or preserved in a thick syrup of jellied juice. Well-preserved fruit keeps its form, is crisp and tender, and is permeated with the flavored syrup. If the fruit is first let stand in a thin syrup before cooking, it will become plump without being toughened.

The most desirable fruits for preserving are those that are ripe but not soft ripe. In general, from 34 to 1 pound of sugar to 1 pound of fruit is used to get a preserve of good appearance and texture. When preparing large amounts, it is helpful to have a scale to weigh the fruit and sugar. Weights will prove to be more accurate than measures, since quarts of different fruits vary in size and shape and thus in weight. Hard fruits such as pears, quinces, and apples are better when they are cooked gently in boiling water until they are tender. The precooked fruit is then added to a heavy syrup and boiled slowly until the fruit is clear and tender and the syrup thick. Small, soft fruits are preserved by combining fruit and sugar in alternate layers and setting the mixture aside to stand for 9 to 10 hours or until some of the fruit juice begins to flow. The mixture is then brought to the boiling point and cooked until the syrup is thick. Care must be taken to stir the fruit so that it will not scorch.

Conserves are mixtures of fruit, such as oranges, lemons, raisin or grapes, and sometimes nuts which are to be served with meat or poultry. The mixture is soft and evenly textured. Fruit butters are less sweet than the other products mentioned and are excellent for sandwich fillings. Apples and pears are good fruits from which to make fruit butter and such fruits as peaches, apricots, plums, and grapes cook down into delicious tangy butters. To make a fruit butter, the fruit is cooked in its own juice, sugar is added, and the mixture is cooked until it falls in large clumps from the edge of a spoon. To give added flavor to a fruit butter, spices are added.

CONCORD-GRAPE JELLY

sugar

paraffin

Assemble these utensils:

Assemble these supplies: Concord grapes

measuring cup

bowl

skimmer

small pan

shallow pan and rack

long handled, wooden spoon

colander

potato masher

flannel jelly bag or square of cheese-

large, flat-bottomed kettle

jelly jars, 4-8 ounces

scales labels

dishpan

thermometer if available

Steps in preparation:

1. Wash jelly jars thoroughly with hot, soapy water, and rinse. Place in shallow pan and boil for 15 minutes.

2. Wash, drain, and remove grapes from stems. Do not discard all unripe grapes. Leave some in.

3. Crush grapes with potato masher in large, flat-bottomed kettle.

4. Add ½ cup water for every pound of fruit and bring slowly to a boil. Boil mixture for 8 to 10 minutes—be careful that the juice does not scorch.

5. Pour juice immediately into a jelly bag and allow to drip over a bowl for from 8 to 10 hours. For a clear jelly do not use pressure on the bag to extract the juice. If pressure is used to obtain every possible bit of juice, run the juice through a second jelly bag.

6. Measure the juice and add to the juice 34 cup sugar for each cup of

juice.

7. Bring the mixture to a rolling boil.

8. Make the jelly test every few minutes throughout the boiling period or use thermometer. When the syrup "sheets" remove jelly from fire.

9. Remove surface foam with a skimmer or large spoon. Then pour jelly into hot sterilized jars to within 1/2 inch of the top.

10. Heat paraffin slowly in a shallow pan. Pour a thin film of paraffin over the top of the jelly and rotate the jar so that there is an unbroken seal covering side and surface of the jelly.

11. Place tops on jars. Label jars with name of the jelly and date. Store in cool, dry place when cooled.

A well-made jelly has these qualities:

- a beautiful clear transparent color,
- a tender texture, easy to cut with a spoon,
- a quiver when removed from the jelly glass,
- a characteristic fruit flavor.

BLACKBERRY JAM

Assemble these utensils:

Assemble these supplies:

large strainer or colander

blackberries

dish pan

sugar

long-handled, wooden spoon large, flat-bottomed kettle

paraffin

potato masher

jelly jars, 4-6 ounces

ladle

scales

skimmer

shallow pan

bowl labels

Steps in preparation:

1. Choose well-ripened, soft fruit with which to make the jam.

Pick over the berries, remove bad ones and remove caps and stems from berries. Wash in colander.

3. Measure out the hulled fruit into a bowl; measure out 3/4 pound of sugar to every pound of fruit.

4. Crush the fruit with potato masher; arrange in alternate layers with sugar in bowl, and let stand 3 or 4 hours or overnight until some juice has been extracted.

Heat fruit and sugar mixture slowly, stirring until the sugar is dissolved, then bring to a boil and stir constantly until the hot mixture falls from the spoon in clumps.

6. Remove surface foam with a skimmer or large spoon and ladle jam into hot sterilized jars to within ½ inch of the top.

7. Heat paraffin slowly in a shallow pan. Pour a thin film of paraffin over the top of the jam and rotate the jar so that there is an unbroken seal covering side and surface of the jelly. Place tops on jars.

8. Label jars with kind and date. Store in cool, dry place when cooled.

A good jam has these qualities:

a thick, even texture, no separated juice,

a characteristic fruit flavor,

no lumps of undissolved sugar.

DAMSON PLUM CONSERVE

Assemble these utensils:

large pan for washing fruit

sharp knife

wooden board

colander or strainer

large flat-bottomed kettle

large spoon

scales

jelly jars, 4-6 ounces

shallow pan

ladle

toothpicks

labels

Assemble these supplies:

2½ pounds Damson plums

11/2 pounds sugar

1/2 pound seedless raisins

1 tablespoon grated orange rind

½ cup orange juice

1/2 pound broken walnut meats paraffin

Steps in preparation:

1. Wash and sort plums and raisins. Discard fruit which is unfit for use. Pit and chop plums.

2. Combine orange juice, raisins, plums, and sugar; simmer for 45 minutes,

or until thick.

3. Just before removing from heat, add the broken nuts.

4. Remove surface foam with a large spoon and ladle conserve into hot sterilized jars to within ½ inch of the top.

5. Heat paraffin slowly in a shallow pan. Pour a thin film of paraffin over the top of the jam and rotate the jar so that there is an unbroken seal covering side and surface of the jelly. Place tops on jars.

6. 'Label jars with kind and date. Store in cool, dry place when cooled.

SUMMARY

1. Foods spoil as the result of action of microorganisms and enzymes.

2. Freezing food does not destroy the spoilage agents, but merely delays their action.

3. Canning food does destroy the spoilage agents because of the high temperatures reached.

4. Pressure canning is the only safe way of canning non-acid vegetables and meats.

5. Acid fruits and tomatoes may be canned in a water-bath canner.

6. Canned food should be inspected for spoilage before it is cooked.

7. Fruits may be kept for future use in jellies, jams, preserves, conserves, and butters.

ACTIVITIES

1. Plan:

a. an exhibit of home-canned food brought from home. Have students tell how the food was canned.

- b. a class demonstration on the different methods of canning using foods which are acceptable from the standpoint of cost, availability, and preference.
- c. a demonstration of the various parts of a pressure canner. Test yourself to be sure that you know the important steps in its operation.
- 2. Prepare jelly in class using locally grown fruits which are suitable for the purpose.

3. Compare:

- a. the cost and quality of a homemade jelly and the same kind of commercially made jelly.
- b. home-frozen foods with commercially frozen and fresh foods.
- 4. Make a survey to determine how many families in your class use freezer lockers. Make a list of the foods commonly frozen in your community.
- 5. Discuss the value of preserving foods for future use.





RECIPES

- 1. More Luncheon Recipes
- 2. More Breakfast Recipes
- 3. More Dinner Recipes
- 4. More Entertaining and Special Meals Recipes
- 5. More Food for Future Use Recipes



PART 1

MORE LUNCHEON RECIPES

LUNCHEON SANDWICHES

CALIFORNIA FILLING SPREAD

(Yield: 3 cups)

²/₃ cup seedless raisins

3/3 cup pitted dates ½ cup cooked apricots

2 cups water

½ cup sugar

3 tablespoons flour 1 cup orange juice

½ cup nut meats

Grind the raisins, dates, and apricots. Add 2 cups of water. Cook until fruit is tender and the liquid is absorbed (about 15 minutes). Combine the sugar and the flour and blend in the orange juice. Cook until thick (about 10 minutes), stirring occasionally. Remove from heat; add the chopped nuts. Store in a covered container. Keep refrigerated.

CREAM CHEESE SANDWICHES

(Number served: 4)

1 package cream cheese (3 ounces)

or its equivalent cottage cheese 1/4 cup chopped celery as a base may be varied with

any of the following:

3 tablespoons chopped, stuffed olives

2 tablespoons pickle relish

1/4 cup crisp bacon, crumbled

1/4 cup chopped nuts

3 tablespoons minced green pepper

Soften cheese, add the seasoning material and a little salt, if desired. Keep refrigerated.

BROILED CHEESE SANDWICHES

(Number served: 4)

4 slices bread 4 slices American cheese

4 teaspoons mayonnaise 4 strips bacon, partially broiled

4 slices tomato

Spread the pieces of bread with mayonnaise. Place a slice of tomato on the bread, cover with the slice of cheese, and top with the strip of bacon. Place under a broiler or in a 350° F. oven until the cheese melts. Serve immediately while piping hot.

DEVILED HAM AND EGG SANDWICHES

(Number served: 6)

4 hard-cooked eggs chopped fine 3 tablespoons mayonnaise

1 small can deviled ham ½ teaspoon Worcestershire sauce

½ teaspoon prepared mustard salt

Mix all ingredients together and season with salt if needed.

SOUPS

CREAM OF VEGETABLE SOUP

(Number served: 6)

3 tablespoons butter or substi- 2 cups vegetable pulp and liquid

tute 1½ teaspoons salt 3 cups milk 1 tablespoon chopped parsley

3 tablespoons enriched flour

Heat the butter, add flour to make a paste, and add milk to complete the white sauce base. Stir until smooth and thick. Add the vegetable pulp and reheat before serving. Sprinkle with a bit of chopped parsley, if desired.

CHICKEN SOUP

(Number served: 4)

3 cups chicken stock
½ cup cooked rice or
½ cup celery, chopped
½ cup top milk
½ cup cooked rice or
½ cup canned corn
1 tablespoon parsley, chopped

croutons, salt

Simmer the chicken stock and the celery until the celery is tender, add the rice, and cook for 5 minutes. Add the milk, the parsley, and salt. Bring to a simmer. Serve hot. Garnish with croutons.

FRENCH ONION SOUP

(Number served: 6)

3 large onions 3 dry rolls or slices of toasted

3 tablespoons fat bread

5½ cups beef broth 1 cup Parmesan type cheese,

grated

Slice the onions very thin and slowly sauté in the fat about 20 minutes, being careful not to brown the onions. Add the beef broth and simmer covered until the onions are tender (about 40 minutes). Split the rolls, place 1 tablespoon cheese on each roll and toast until a golden brown. Serve the soup and float the toast in each bowl. Serve with cheese. (Beef broth can be made by dissolving two bouillon cubes for each cup of liquid.)

CREAM OF POTATO SOUP

(Number served: 6)

- 2 cups diced raw potatoes 4 tablespoons butter or substitute
- 1 onion, minced 3 tablespoons flour 1 teaspoon salt 2 celery stalks, diced
- 2 cups boiling water 2 cups milk, scalded 1 tablespoon parsley, minced

Cook potatoes, onion, and celery in boiling water until tender. Cook covered. Prepare a white sauce by melting the butter, adding the flour and salt, and making a paste. To this add the milk, cook until smooth and thick, stirring constantly. Sieve the potatoes, onions, and celery, then combine with the white sauce. Heat well, sprinkle with parsley, and serve.

NEW ENGLAND FISH CHOWDER

(Number served: 6)

- 1 pound lean fish 2 tablespoons butter
- 2½ cups water 3 tablespoons enriched flour
 - 2 large onions, sliced 3 cups hot milk 2-inch cube salt pork, diced 6 "Boston" crackers or pilot biscuit

Simmer fish until tender (about 15 minutes). Drain and reserve the stock. Remove skin and bones from fish; flake. Sauté onions and salt pork until brown. Boil the potatoes separately until tender; drain. Add fish, pork, onions, and drippings to the potatoes. Prepare a white sauce with the butter, flour, and milk. Add 2 cups of fish stock and cook until it thickens. Combine the two mixtures. Heat before serving. Toast and butter crackers and float on the soup. Serve hot.

SALADS

2 cups raw potatoes, cubed

POTATO SALAD

(Number served: 6)

- 6 potatoes, boiled ½ cup celery, chopped 1 small onion, minced 1 teaspoon salt
- 2 tablespoons green pepper, in 2 tablespoons lemon juice long shreds 1/2 cup mayonnaise

1 pimiento, chopped

Peel potatoes and cut in 1/8 inch slices; slice carefully for an attractive salad. Mix onions, pepper, pimiento, celery, and lemon juice and combine gently with potatoes. Add the mayonnaise and chill for an hour before serving. Hard-cooked eggs, minced parsley, sliced cucumber, or sliced radishes make an interesting addition.

400] RECIPES

TUNA OR SALMON SALAD

(Number served: 6)

2 cups fish, flaked 2 tablespoons pickle relish 1 cup diced celery ½ cup salad dressing

1 tablespoon minced onion lettuce

Combine the fish, celery, onion, and pickle. Toss lightly and add salad dressing. Serve on lettuce leaves.

WALDORF SALAD

(Number served: 4)

2 cups apples, unpeeled and diced ½ cup nuts, chopped 2 tablespoons lemon juice ½ cup mayonnaise

1 cup celery, diced lettuce

Place the diced apples in a bowl, cover with lemon juice. Add the celery and mayonnaise. Chill an hour; add the nuts and serve on lettuce leaves.

CHICKEN SALAD

(Number served: 6)

2 cups cold chicken, sliced thin 1/2 cup mayonnaise
1 cup sliced celery salt to taste
1/4 cup chopped pickle lettuce for service

4 tablespoons French dressing

Combine chicken, celery, and pickle, and marinate in French dressing. Refrigerate 1 hour. Drain, season with salt. Add the mayonnaise. Serve on lettuce leaves.

GOLDEN SALAD

(Number served: 6)

1 cup crushed pineapple 1½ cups pineapple juice (canned) 1½ teaspoon salt

1 envelope gelatin
1/4 cup lemon juice
1/4 cup cold water
1 cup grated carrots

Soften the gelatin in the cold water. Dissolve over hot water and add the pineapple juice, the lemon juice, and the salt. Chill until partially set. Fold in the pineapple and carrot. Turn into a quart mold and refrigerate until firm.

JELLIED CRANBERRY RING

(Number served: 10)

2 packages cherry gelatin 1 apple, ground 2 cups hot water 1/4 cup nuts, chopped 2 cups raw cranberries, ground 3/4 cups sugar

2 cups raw cranberries, ground 4 cups sugar 1 orange, ground lettuce Dissolve the gelatin in hot water. Chill until partially set. Mix the ground cranberries, orange, apple, chopped nuts, and sugar. Fold into the gelatin and place in a quart mold. Refrigerate until firm. This will take about 3 hours. Serve on lettuce.

CHEF'S SALAD BOWL

(Number served: 4)

1/2 spanish onion, if desired 2/3 cup ham or tongue, cut into 2 tomatoes thin strips

1 head lettuce or chicory ½3 cup Swiss cheese, cut into thin

2 cups peas, cooked strips
French dressing

Slice onion thin and break into rings. Cut tomatoes in small wedges. Break lettuce or chicory into small pieces. Combine ingredients in a large bowl. Add dressing. Toss lightly with forks until mixed.

QUICK BREADS

OATMEAL BREAD

2 cups sifted enriched flour 1/3 cup brown sugar 1 cup quick-cooking rolled 2 tablespoons molasses

oats 2 tablespoons melted shortening

2 teaspoons baking powder 1½ cups sour milk ¾ teaspoon baking soda 1 cup raisins

1 teaspoon salt

Mix and sift together the dry ingredients, with the exception of the oatmeal. Crush quick-cooking oats with a rolling pin. Stir oats and raisins into dry ingredients and mix well. Combine molasses, melted shortening, and milk. Pour into flour mixture and stir just enough to moisten the dry ingredients. Turn into an oiled loaf pan 9½ by 5½ by 2 inches and bake in moderate oven (350° F.) for about 1 hour.

BRAN MUFFINS

(Yield: 10-12 muffins)

1 cup sifted enriched flour 1 cup sour milk
3 teaspoons baking powder 1 cup bran
1 teaspoon salt 1 egg, well beaten

1/4 cup sugar 3 tablespoons melted shortening

Mix and sift together the flour, baking powder, salt, and sugar. Stir in bran. Combine milk, egg, and melted shortening. Pour liquid ingredients into flour mixture all at once, as quickly as possible and stir just enough to moisten the dry ingredients. Fill oiled muffin pans ¾ full and bake in a hot oven 400° F. 20 to 25 minutes.

POPOVERS (Yield: 8-12)

2 eggs, beaten 1 cup sifted enriched flour

1 cup milk ½ teaspoon salt

1 tablespoon melted shortening

Combine the beaten eggs, milk, and melted fat. Add the flour and salt and beat with an egg beater until mixture is smooth and free from lumps. Pour into hot, oiled custard cups, or iron muffin pans until the cups are not more than half full of batter. Bake at once for 40 minutes in a hot oven (425° F.)

SHORTCAKE

(Yield: 10-12)

2 cups sifted enriched flour 3 tablespoons sugar 3 teaspoons baking powder 6 tablespoons shortening

½ teaspoon salt ½ cup milk

Mix and sift together the dry ingredients. Cut the fat into the dry ingredients until the mixture resembles dry cornmeal. Add milk, stirring quickly until a soft but not sticky dough is formed. Turn out on lightly floured board and knead just enough to shape into a smooth ball (about 20 strokes). Roll to ½ inch thickness and cut with a 3-inch cutter. Bake on baking sheet in hot oven 425° F, for 15 minutes.

CORN BREAD

(Number served 4-6)

34 cup sifted enriched flour 2 tablespoons sugar 1½ cups yellow corn meal 2 eggs well beaten

4 teaspoons baking powder 11/4 cup milk

1 teaspoon salt ½ cup melted shortening

Mix and sift together flour, baking powder, salt, and sugar. Add cornmeal and mix well. Combine eggs and milk; add melted shortening. Pour into dry ingredients and stir just enough to moisten the dry ingredients. Turn into an oiled pan 8 by 8 by 2 inches and bake at 400° F. for about 30 minutes.

VEGETABLES

MEXICAN CORN

(Number served: 6)

1 can (No. 2) corn ½ green pepper, chopped

2 tablespoons butter or substitute 1/2 teaspoon salt

1 pimiento, chopped 1 teaspoon chili powder

Heat the corn in the butter, add chopped pimiento, pepper, and the seasonings. Stir frequently and serve hot.

STUFFED ONIONS

(Number served: 4)

4 large mild cooked onions, 1 teaspoon minced parsley
1½ cups soft bread crumbs
1½ teaspoon salt
1½ cup thin white sauce

few grains pepper

Scoop the center from the root end of the onions, leaving the shell. Chop the onion which was removed from the center and mix with chopped parsley, soft bread crumbs, white sauce and seasonings. Stuff the onion shells with the mixture. Arrange on a glass oven dish and cover with buttered crumbs. Bake in a hot oven (400° F.) for about 15 minutes, or until crumbs are well browned.

SWEETPOTATO CASSEROLE

(Number served: 6)

2 pounds sweetpotatoes
3 tablespoons butter
4 teaspoon nutmeg
4 teaspoon cinnamon
4 cup milk
5 pinch of salt

8 marshmallows

Cook potatoes, peel. Mash or rice. Add butter, milk, spices, and salt. Place in a buttered casserole, sprinkle with cinnamon. Push marshmallows down into the mixture. Bake in a 350° F. oven until the marshmallows are brown (about 15 minutes).

SCALLOPED TOMATOES

(Number served: 4)

2 cups canned tomatoes 1 tablespoon sugar 1 teaspoon salt few grains pepper 1/2 cup bread crumbs

Season tomatoes with salt, sugar, and a few grains of pepper. Place in a greased casserole dish and sprinkle with bread crumbs. Bake for 20 minutes in moderate oven (350° F.) .

CARROT SCALLOP

(Number served: 6)

1 egg ½ teaspoon pepper

1 cup milk 3 cups raw carrots, grated 1 teaspoon salt 1 tablespoon melted fat

Beat the egg slightly. Add the milk, grated carrots, fat, salt, and pepper. Pour into an oiled baking dish. Bake in a moderate oven until set (about 40 minutes).

EGGPLANT CASSEROLE

(Number served: 4)

4 tablespoonfuls butter or bacon 1 teaspoonful salt drippings 1 small eggplant

1 small onion, chopped ½ cup fine bread crumbs

2 cups canned tomatoes

Melt the fat and cook the chopped onion until just golden brown. Peel, slice, and cube eggplant. Add the tomatoes, salt, and eggplant to the onion and fat mixture. Cook for five minutes and place mixture in an oiled casserole dish. Sprinkle top with fine bread crumbs. Place in oven and bake in moderate oven (325° F.) for 30 minutes.

MASHED POTATOES

(Number served: 4)

4 or 5 potatoes boiling water salt
1 teaspoon salt pepper

½ cup milk, heated

Boil and peel potatoes. While still hot, mash with a potato masher, slotted spoon, or whirl in the electric mixer. Do this thoroughly, one lump is one too many. Heat the milk, add the butter to the milk, and then beat them into the potatoes vigorously until the potatoes are both light and fluffy.

YOUNG BEETS WITH GREENS

(Number served: 4)

2 bunches young beets with greens

Cut greens from beets, leaving one-inch stem. Pick over and wash the leaves in several waters, lifting the leaves out of the water each time. Scrub the beets with a brush and place in saucepan, placing the leaves on top. Add boiling water to barely cover the beets. Add salt. Cover the kettle and boil until beets are tender. Remove the leaves to a serving dish and cut through them so that they will be easy to serve. Peel the beets, dice and arrange on top of the leaves. Dot with butter or fortified margarine.

SUCCOTASH

(Number served: 4)

2 cups fresh lima beans ½ teaspoon salt 2 cups fresh, cut corn from the few grains pepper

cob 4 tablespoons butter or fortified 1 cup warm milk margarine

Shell and wash the lima beans. Cut the corn from the cob. Place lima beans in saucepan and barely cover with boiling water. Add salt. Cover saucepan and cook until beans are tender (about 30 minutes). Add the corn and cook for 5 minutes longer. Add warm milk, pepper, butter, and margarine. Serve hot.

HARVARD BEETS

(Number served: 4)

3 cups cooked beets, cubed 2 teaspoons sugar

2 tablespoons butter or fortified 1/4 cup vinegar margarine 1/4 cup water

1 tablespoon cornstarch or 2 1/2 teaspoon salt tablespoons enriched flour

Melt the butter in the top of a double boiler; add the cornstarch and sugar and make a smooth paste. Add the vinegar and water slowly, stirring constantly until the sauce starts to boil. Add the beets and cover double boiler until the beets and sauce become a rich red.

CANDIED SWEETPOTATOES OR YAMS

(Number served: 4)

4 medium-sized sweetpotatoes or 3 tablespoons butter

yams 34 cup brown sugar, packed firmly

water 3 tablespoons water salt nutmeg (optional)

Scrub and rinse the sweetpotatoes. Boil water, add the salt and the sweetpotatoes. Cover the pot. Cook 20 minutes or until tender but still firm. Test with a fork. Drain, cool, and peel. Leave whole or else slice them as desired. Set the oven at 400° F. Grease the baking dish and place the vegetable with the cut side up. Bring the sugar and water to a boil, pour over the sweetpotatoes. Sprinkle with nutmeg and place in the oven. Cook 20 minutes. Do not overcook. Dot with butter. Serve hot with some of the glazing syrup.

BAKED POTATOES

(Number served: 4)

4 baking potatoes salt salad oil or fat paprika or pepper butter

Set the oven at 425° F. Scrub the potatoes and rinse well. Dry well, and rub on a thin coating of oil to prevent the peel from cracking. After baking for about 30 minutes, puncture the skins once with a fork to permit the steam to escape. Bake 45 minutes for the medium-sized potatoes, 60 minutes for the larger size. When done, the potato can be squeezed with your hand. (Use a pot holder to protect your hand.)

MASHED RUTABAGA AND POTATO

(Number served: 4)

1 pound rutabaga

½ teaspoon salt

1 pound potato

few grains pepper

2 tablespoons butter or fortified margarine

Scrub, peel, and cut potatoes in quarters, rutabagas in smaller pieces. Place in saucepan and barely cover with boiling water. Add salt. Cook until tender. Drain. Mash and season with butter, fortified margarine, or bacon drippings. Add additional salt and pepper.

CASSEROLE DISHES

TAMALE PIE

(Number served: 4)

1 pound stew meat, chopped

½ onion, chopped

water
1½ cups corn meal

2 tablespoons shortening1 cup canned tomatoes

2 teaspoons salt3 cups water, boiling

½ teaspoon chili powder

Cook the stew meat in salted water to cover until it is tender. Combine the cornmeal and boiling water in the top of a double boiler, add 1 teaspoon salt, and stir until very thick, place over the bottom part filled with hot water. Cook for 30 minutes. Brown the onion in the fat, add the tomato, chili powder, and the meat. Line a casserole dish with half the cornmeal mush, place the meat-tomato mixture on the mush, and top with the remaining mush. Bake in a 375° F. oven for about 30 minutes.

POTATO AND SAUSAGE WITH TOMATO SAUCE

(Number served: 6-8)

4 tablespoons butter or

1 teaspoon salt

substitute
5 tablespoons enriched flour

½ cup green pepper, shredded

2½ cups tomato juice

4 cup chopped onion6 cups cooked diced potatoes

1/4 teaspoon Worcestershire

8 sausages

parsley for garnish

Set the oven at 350° F. Blend the melted fat and the flour to make a smooth paste, add the tomato juice and cook until the mixture is thick. It should be cooked slowly and stirred for about 15 minutes. Stir in the salt, the Worcestershire sauce, the green pepper, and the onion. Simmer in the sauce for about 3 minutes. Place the diced potatoes in the glass dish; pour the sauce over the potatoes. Arrange the sausages on the top of the potatoes. Bake for 35 minutes. Serve hot. The dish is more attractive if garnished with parsley.

SHEPHERD'S PIE

(Number served: 4)

1 cup cooked meat, minced
2 cups mashed potatoes
2 tablespoons shortening
1 teaspoon salt
2 cup leftover peas or carrots

Mix the meat, gravy, salt, and leftover vegetables. Line a greased baking dish with $1\frac{1}{2}$ cups of mashed potatoes, pour in the meat mixture and spread the rest of the potato over the mixture. Dot the top with fat to aid in browning. Bake in a preheated 325° F. oven until the potatoes are a delicate brown. *Note:* Chopped onion, pepper, tomato, green beans may be added for variety.

CHEESE FONDUE

(Number served: 6)

2 cups day-old bread 1 tablespoon bottled sauce

2 cups milk 3 eggs, separated
1½ cups grated cheddar cheese 1 tablespoon butter or
½ teaspoon salt substitute

Prepare crumbs by tearing up day-old bread. Scald milk and allow to cool until lukewarm. Add crumbs; cheese, salt, and sauce. Stir in beaten egg yolks and the butter. Beat the whites until stiff and fold into the mixture. Pour into a 2-quart casserole and place in a preheated 350° F. oven for 1 hour or until delicately brown. Serve immediately. Excellent with tomato sauce.

SIMPLE DESSERTS

APPLE SNOW

(Number served: 6)

½ cup sugar 2½ cups apple sauce, unsweetened

pinch nutmeg 2 egg whites

1 teaspoon vanilla 1 cup cream, whipped

Add the sugar, nutmeg, and vanilla to the apple sauce. Beat egg whites stiff and fold into the apple sauce. Chill and serve with a whipped-cream topping.

CHOCOLATE PUDDING

(Number served: 4)

Mix the dry ingredients. Gradually add the hot milk, stirring constantly. Cook the mixture, stirring constantly, over the direct flame until the mixture thickens. Place over bottom of double boiler and cook for about a half hour. Cool and add the flavoring.

STEWED FRESH PEACHES

(Number served: 6)

2½ pounds peaches ½ cup sugar

3/4 cup water

Peel peaches, pit, and halve. Place peaches and water in saucepan and simmer until fruit is partially tender. Add sugar and continue to cook the fruit at a low temperature until tender.

DATE PUDDING

(Number served: 8)

1 cup sugar
1/2 teaspoon soda
1/2 cup enriched flour
1 pinch salt

3 eggs, beaten together 1 cup dates, chopped 1/2 cup sweet milk 1 cup nuts, broken

Mix the flour, the soda, and the sugar. Beat the eggs until light; mix with the flour and sugar. Add the milk, the dates, and the nuts. Blend carefully. Bake in a lightly greased 8-inch square pan in a 325° F. oven for about 45 minutes.

APPLES HELÈNE

(Number served: 6)

2 cups water few drops red coloring 1 cup sugar 6 tart apples

1 lemon, juice only 1 cup heavy cream 1 teaspoon vanilla 2 tablespoons sugar

Combine the water, sugar, lemon juice, vanilla, and red coloring. Cook to a syrup for about 10 minutes. Pare the apples and core carefully and poach in the syrup until the apple is tender. This usually takes about 15 minutes. During this cooking period the apples should be turned frequently. Remove the apples, reduce the liquid to about one-half and pour over the apples. Chill before serving. Whip cream, add the 2 tablespoons of sugar, and add to apples before serving.

APPLE DESSERT

(Number served: 6)

2 cups corn flakes 1 teaspoon cinnamon 2 cups thinly sliced apples 2 tablespoons butter

½ cup brown sugar, firmly packed cream

Butter a baking dish; place corn flakes and apples in alternate layers. Sprinkle with brown sugar, cinnamon, and dot with butter. Continue until the materials are used. Bake in a 375° F. oven for 35 minutes. Serve with cream.

BAKED PEARS

(Number served: 4)

4 medium sized pears

- ½ cup water
- 4 tablespoons brown sugar
- 1/4 teaspoon cinnamon

4 teaspoons butter

Wash, haive, and core pears. Place in a baking dish and fill the hollows with brown sugar and butter. Cover the bottom of the pan with water, add cinnamon and cover the pan. Bake in a moderate oven 325° F. from 20 to 30 minutes.

Variations: Place dates or raisins in centers of the pears before baking or peel pears and proceed according to directions. When pears are partially cooked, spread the halves with bright-colored jelly. Continue baking until the fruit is tender.

FRUIT CUP

(Number served: 4)

1 large grapefruit2 large oranges

1 large red apple 1 cup grapes

Peel and section grapefruit and orange. Quarter and core the apple. Cut quarters into thin slices. Seed grapes and cut in halves. Combine fruits and chill. Serve in sherbet glasses.

FRUIT COMPOTE

(Number served: 4)

11/3 cups sugar

2 plums, peeled and halved

2²/₃ cups water

- 2 small apples, pared, cored, and
- 4 pears, skin removed
- cut in halves
- 2 peaches, skinned and cut in half

Place sugar and water in a large saucepan and boil for 5 minutes. Add the pears and cook until just tender, without losing their shape. Remove and drain. Add the peaches and cook until tender. Remove and drain. Add the plums, cook until tender and drain. Add the apples and cook until tender. Drain. Chill all the fruits and the syrup. Serve one portion of each kind of fruit and the syrup. Other fruits may be used.

PART 2

MORE BREAKFAST RECIPES

CEREALS AND OTHER GRAIN PRODUCTS

READY-TO-EAT CEREALS

To restore crispness, ready-to-eat cereals may be placed in a shallow baking pan in a moderate oven, 350° F. for 5 minutes. Leave the door slightly ajar. Serve with fresh fruit.

LEFTOVER COOKED CEREAL

Leftover cooked cereal can be poured into an oiled shallow pan or bread pan. When cool it is sliced, or cut into squares and sauteed in fat until golden brown. Serve hot with syrup or jam.

HOMINY GRITS MUSH

(Number served: 4)

3½ cups boiling water ¾ cup hominy grits 11/4 teaspoons salt

Slowly add the hominy grits and salt to boiling water in top of double boiler. Cook over bottom of double boiler and cook covered for 45 minutes.

GRANULATED WHEAT

(Number served: 4)

Follow directions for cooking hominy grits, but use 4 cups of boiling water.

CORN MEAL WAFFLES

(Number served: 6)

1 cup sifted enriched flour 2 tablespoons sugar 1 cup yellow corn meal 2 eggs, separated 3 teaspoons baking powder 1½ cups milk

1 teaspoon salt 6 tablespoons melted shortening

Mix and sift together the dry ingredients with the exception of the corn meal. Add corn meal. Combine well-beaten egg yolks and milk and add to the flour mixture and stir just enough to moisten the dry ingredients. Add the melted fat. Fold in stiffly beaten egg whites. Bake in a hot waffle iron.

BUCKWHEAT GRIDDLECAKES

(12-15 cakes)

1 cup sifted enriched flour
1 cup buckwheat flour
3 tablespoons sugar
1 egg, well beaten
3 teaspoons baking powder
1½ cups milk

1 teaspoon salt 3 tablespoons melted shortening

Mix and sift together dry ingredients with the exception of buckwheat. Add buckwheat flour. Combine egg and milk and add to the flour mixture and stir just enough to moisten the dry ingredients. Add the melted fat. Drop the batter by spoonfuls on a hot, slightly oiled griddle. When the surface is covered with bubbles, turn and brown on the other side. Serve hot with butter and syrup.

EGGS

SOFT-COOKED EGGS

Allow a pint of water for each egg. Bring the water to a boil, add eggs, and turn out fire or remove pan from hot part of stove. Cover and allow to stand from four to six minutes, depending on the degree of firmness desired.

HARD-COOKED EGGS

Method I

Follow directions for soft-cooked eggs and allow to stand in a warm place 45 minutes to 1 hour. Then plunge eggs into cold water.

Method II

Use enough water to cover eggs well. Heat water in the top of a double boiler over the flame until it bubbles slightly. Add the eggs. Place top of double boiler over hot water; do not permit the water in the lower part to boil. Cover and cook eggs for about 45 minutes. Plunge eggs into cold water.

FOAMY OMELET (Number served: 4)

4 eggs few grains pepper
½ teaspoon salt 1 tablespoon butter or
4 tablespoons milk or water fortified margarine

Separate the eggs. Beat the yolks; add seasonings and milk or water. Beat whites until stiff, but not dry. Place skillet over heat, turn heat fairly high. Add butter or margarine to pan and just as soon as the fat has melted reduce heat. Turn skillet so that bottom and sides are well oiled. Fold the stiffly beaten egg whites into yolk mixture. Pour mixture into pan, spread evenly and cook with low heat until firm on bottom. Place omelet in oven which has been preheated at 375° F. to dry slightly on top. Fold. Turn out and serve on warm plate.

BAKED EGGS

(Number served: 4)

4 eggs

4 tablespoons cream or top milk

Oil four custard cups. Break the eggs into a saucer one at a time, then transfer to oiled custard cup. Pour cream or top milk over the egg. Place in a slow oven (300° F.) for 15 minutes.

SCRAMBLED EGGS

(Number served: 6)

6 eggs 6 tablespoons milk *or* water few grains pepper
4 teaspoons butter or
fortified margarine

½ teaspoon salt

Beat the eggs slightly with a fork. Add seasonings and liquids. Melt butter in skillet or in top of double boiler. Add the eggs and cook slowly until coagulated, stirring occasionally. If double boiler is used, do not allow water in bottom to boil. Serve immediately on a warm plate.



MORE DINNER RECIPES

APPETIZERS

DEVILED EGGS

(Number served: 4)

6 hard-cooked eggs, shelled

3/4 teaspoon prepared mustard

1 tablespoon mayonnaise

1/4 teaspoon salt few grains pepper

1½ teaspoons vinegar

Cut hard-cooked eggs in half. Remove yolk and put through a sieve. Add seasonings and beat until smooth and fluffy. Refill whites of eggs and garnish tops with a dash of paprika or a sprig of parsley.

STUFFED CELERY

Use the crisp, tender stalks of celery, leaving on the leaf tips. Chill in ice water for an hour. Drain and fill the center with either of these mixtures:

1½ ounces cream cheese, 2 tablespoons mayonnaise, 6 chopped olives, and a pinch of salt

1/4 pound cheddar cheese, 1 tablespoon catsup, 1 tablespoon mayonnaise, and a pinch of salt

Cut in serving sizes and chill before using.

MELON CUP

(Number served: 6)

Either of the following combinations is suggested:

- 2 cups diced melon; 1 orange cut into sections; 2 tablespoons lemon juice, and 1 tablespoon sugar
- 1 cup seedless grapes, 1 cup melon balls, 1 orange cut into sections, and a sprinkling of sugar and lemon juice

Allow to chill well before serving in sherbet glasses.

CITRUS JUICE APPETIZER

(Number served: 6)

2 cups orange juice 1 pint chilled ginger ale 1 cup grapefruit juice sprig of mint (optional)

2 tablespoons lemon juice

Chill the fruit juices and, just before serving, add the chilled ginger ale. Garnish with a few leaves of mint, if desired.

MEAT

LIVER PATTIES

(Number served: 4)

1 pound liver 1 egg, beaten
2 tablespoons fat 1 teaspoon salt
1/4 cup bread crumbs 1/4 teaspoon pepper
1 teaspoon grated onion 2 tablespoons flour

Wipe liver with cloth. Remove blood vessels and outer skin. Melt 2 table-spoons fat in the skillet and fry the liver on both sides until nicely browned. Cool liver, put through food grinder and mix with other ingredients. Shape into patties, roll in flour and brown slowly in skillet on both sides.

SMOKED BEEF TONGUE

1 smoked beef tongue

Wash thoroughly in warm water. Soak tongue in cold water a few hours before cooking. Cook tongue in water in which it was soaked in a covered saucepan. Bring slowly to boiling point and discard the water. Cover with cold water, bring to the boiling point. Decrease heat and simmer 3 to 4 hours or until tender. Cool in stock until cool enough to handle. Skin.

VEAL FRICASSEE

(Number served: 4)

2 pounds breast of veal 3 cups water 1 large onion, sliced 1 teaspoon salt

2 teaspoons enriched flour 1½ tablespoons fat

1/2 bay leaf 2 peppercorns

Wipe veal and cut into small pieces. Brown with sliced onion in fat in heavy pan. Add the water and seasonings, cover the saucepan and simmer until meat is tender (about 2 hours). Thicken with a thin paste of 2 teaspoons of flour mixed with a little cold water. Add to cooked veal slowly, stirring to prevent lumping. Cook until thickened.

HAM LOAF

(Number served: 6)

1 slightly beaten egg 1½ pounds lean smoked ham, ½ cup milk ground

3/4 pound lean fresh pork, 2 tablespoons finely chopped ground parsley

1½ cups soft bread crumbs 1/8 teaspoon pepper

1/4 teaspoon poultry seasoning

Mix together meats, crumbs, parsley, seasonings, egg, and milk. Pack ingredients into an oiled loaf pan. Bake in moderately hot oven (350° F.) for about one hour. Turn out on warm platter and garnish with parsley.

SCOTCH MEAT PATTIES

(Number served: 4)

3/4 pound ground beef 1/4 cup chopped celery

1/4 cup chopped green pepper 1/3 cup milk

3/4 cup quick-cooking oats 1/4 cup chopped onion 1 teaspoon salt 1 tablespoon flour few grains pepper 2 tablespoons shortening

1 cup water

Combine meat, milk, oats, salt, and pepper. Make very thin patties. Brown on both sides in fat in skillet. Add water and vegetables. Cover the skillet and cook over low heat 30 minutes. Blend flour with a little cold water, add slowly to the mixture, and cook until thickened, stirring occasionally.

ROAST SPARERIBS WITH APPLE STUFFING

(Number served: 4-6)

2 sparerib sections that match 2-3 stalks celery, cubed (have the breastbone cracked) 3 tart apples, diced 1/4 cup diced salt pork or bacon ½ cup sugar

1 onion, chopped 1 cup bread crumbs 1 sprig of parsley, minced ½ teaspoon salt

Fry out salt pork, or bacon, until crisp. Add the onion, parsley, and cook in fat for a few minutes. Add apples and sugar and cook until apples are tender. Stir in bread crumbs and salt. Lay one section of the ribs out flat, flesh side down, and spread with the hot stuffing. Cover with the other section and sew the two together. Sprinkle the outside of the stuffed ribs with flour. Lay the stuffed ribs on a rack in a roasting pan. Do not add water and do not cover. Roast at moderate temperature (350° F.) for about 1½ hours. Remove the strings from the roast before serving. Carve between the ribs.

STUFFED PORK CHOPS

(Number served: 4)

4 rib pork chops 1½ inches thick
cut through the lean part
to make a pocket

2 stalks celery, chopped
1 sprig parsley, minced

2 tablespoons bacon fat
1 cup bread crumbs
1 teaspoon salt
1 teaspoon pepper
1½ teaspoon thyme

Combine celery, parsley, bacon fat, bread crumbs, salt, pepper, and thyme. Melt bacon fat and lightly mix with ingredients. Wipe chops with damp cloth and stuff with dressing. Secure opening in pork chops with toothpicks. Brown chops in hot fat in a heavy skillet. Add ½ cup hot water and cover. Place in moderate oven, 350° F. and bake for one hour.

SWISS STEAK

(Number served: 4)

1½ pounds beef (round) cut
1 inch thick
2 tablespoons shortening
2 cups cooked or canned
2 teaspoon salt
tomatoes or tomato juice

Wipe meat and cut into serving pieces. Sprinkle with salt and pepper; pound in the flour. Brown pieces of meat in hot fat in a skillet or Dutch oven. Add the tomatoes or juice, cover the skillet, and simmer gently until the meat is tender (about 2 to $2\frac{1}{2}$ hours).

BRAISED STUFFED SHOULDER OF VEAL

(Number served: 4-6)

1 veal shoulder 4–6 pounds (have bone removed)

1/2 pound salt pork, cubed
1 onion, chopped

3–4 cups bread crumbs
1/2 teaspoon salt
1/2 few grains pepper
1/4 teaspoon thyme

Fry ½ the salt pork. Add the onion and cook until brown. Stir in the bread crumbs and add the seasonings. Spread the hot stuffing inside the boned shoulder. Roll the shoulder compactly, sew or tie in place. Lay the stuffed shoulder on a rack in a roasting pan, and put several pieces of salt pork on top. Cover the pan and bake in a moderate oven (300° F.) for about 2 to 2½ hours.

POULTRY

BARBECUED BROILED CHICKEN

(Number served: 6)

3 broiling chickens
2 tablespoons lemon juice
1/3 cup fortified margarine
1/4 cup onion, minced
1 teaspoon salt
1/4 cup hot water
1/4 teaspoon pepper

Melt the margarine, add the onion and sauté until tender. Add the other ingredients, and heat. Keep the sauce warm for use in basting. Have the young chickens split for broiling. Follow directions for broiling but brush every 5 minutes with the barbecue sauce.

CHICKEN CREOLE

(Number served: 6)

1 fryer, cut into serving pieces
2 tablespoons fat
1 onion, minced
1 tablespoon vinegar
1 green pepper, chopped
2 cups okra, sliced
1 clove garlic, minced
1 tup tomato paste
1 tablespoon vinegar
34 teaspoon salt
pinch of allspice

Brown the chicken in the fat. Pour the onion, pepper, garlic, tomato paste, okra, vinegar and seasonings over the chicken in a covered casserole. Bake in a 350° F. oven for about 45 minutes.

CHICKEN LOAF

(Number served: 6)

2½ cups chicken, cooked 1 teaspoon onion, minced

1/2 cup stock 1 cup soft crumbs 1/2 cup milk 2 eggs, beaten

½ teaspoon salt ½ teaspoon pepper

Chop chicken and add the remaining ingredients; pour into an oiled loaf pan. Bake in a 375° F. oven for about 50 minutes. Serve with a cream sauce, if desired.

FISH

CODFISH BALLS

(Number served: 6)

1 cup salt codfish, shredded pinch pepper

½ cup milk 1 teaspoon parsley, minced

3 cups raw potatoes, cubed shortening

2 eggs, well beaten

Soak codfish in cold water for 10 minutes, repeat twice. Add to potatoes and cook until the potatoes are tender. Drain, add milk and beat until fluffy. Add eggs, pepper, parsley, and continue mixing until well blended. Drop in hot (375° F.) shortening (about 2 inches deep) by tablespoonsful and fry until balls are golden brown. Drain on a paper towel. Serve with tomato sauce and lemon wedges.

FISH TIMBALES

(Number served: 4)

1 tablespoon butter or fortified margarine

3 tablespoons bread crumbs pinch salt

1 tablespoon enriched flour 1 cup milk 2 cups cooked fish, flaked parsley, if desired

1/4 teaspoon salt

2 eggs, slightly beaten

Prepare a white sauce by melting the fat, adding the flour to make a paste, and then the milk. Add salt. Cook until rather thick. Add eggs, crumbs, salt, and fish. Pour into greased custard cups and bake in a preheated 350° F. oven for about 30 minutes. Turn out on plates and serve at once. Garnish with parsley.

PAN-FRIED OYSTERS

(Number served: 4)

18 large oysters

fat for frying (1 cup)

2 eggs pinch salt tartar sauce parsley

1 cup cracker crumbs

Drain and dry oysters. Beat the eggs slightly, dip the oysters in the egg, roll in crumbs, and chill. Fry in deep hot fat 375° F. for about 3 minutes until golden brown. Drain on brown paper or a paper towel. Serve with tartar sauce. Garnish with parsley.

OYSTER STEW

(Number served: 4)

1 pint oysters (with liquid)3 tablespoons butter or fortified

pepper ½ teaspoon salt sprinkle paprika

1 cup cream or top milk

2 teaspoons butter for garnish

3 cups milk, scalded

margarine

Inspect oysters. Cook the oysters and butter in the oyster liquid until the edges curl. Add the cream and milk; heat to the boiling point; season with salt and pepper. Serve immediately with a sprinkle of paprika and butter as garnish.

YEAST BREADS

BUTTERSCOTCH ROLLS

(Yield: 3½ dozen)

1 recipe sweet dough (page 274) 1½ cups brown sugar ½ cup melted butter or substitute 1 cup pecans

In each muffin cup put ½ teaspoon butter and 1 teaspoon brown sugar. sprinkle with ½ teaspoon water. Arrange 3 or 4 pecans in the muffin cup. When the sweet dough is light, roll out into a rectangle ½ inch thick and about 9 inches wide. Sprinkle with melted butter and sprinkle generously with brown sugar. Roll jelly-roll style, sealing the edges carefully. Cut in 1-inch slices. Place slices, cut side down, in the prepared muffin pans. Cover and let rise double in bulk. Bake in a preheated 375° F. oven for about 25 minutes. Allow to stand a minute before turning out.

CINNAMON ROLLS

(Yield: 3½ dozen)

1 recipe sweet dough (page 274) 1½ teaspoons cinnamon 1/4 cup melted butter ½ cup raisins, optional

1 cup sugar

When the dough is light roll into a long, narrow sheet about 1/4 inch thick. Brush with melted butter. Mix sugar and cinnamon and sprinkle over the dough. Add raisins if desired. Roll up jelly-roll style and seal the edges. Cut into inch slices and place cut side down in well-greased muffin pans or cake pan. Brush top with the milk and sprinkle with cinnamon and sugar mixture. Allow to rise to double in bulk. Bake in a preheated 375° F. oven for about 25 minutes.

REFRIGERATOR BRAN ROLLS

(Yield about 18)

1 yeast cake ½ cup shortening

1/3 cup sugar ½ cup lukewarm water 3/4 teaspoon salt 1 egg well beaten

½ cup boiling water 3 cups sifted enriched flour

½ cup bran melted shortening

Combine shortening, sugar, and salt. Pour the boiling water over this mixture and add the bran. In a separate bowl dissolve the yeast in the lukewarm water. To the bran mixture add the beaten egg when it is lukewarm, then add the yeast mixture. Gradually beat in the flour. Lightly grease the bowl, place the dough in the bowl; put a thin coating of oil on the dough, cover with a cup towel and refrigerate for 24 hours. Before baking, allow the dough to remain in room temperature for an hour. Shape in rolls, allow to double size. Bake 25 minutes in a 425° F. oven.

COFFEE CAKE (Yield: 1 large cake)

$1/_{2}$	cup butter or substitute	1/2	teaspoon cinnamon
3/4	cup boiling water	2	yeast cakes or packages
1/4	cup sugar	1/4	cup water
11/2	teaspoons salt	1	unbeaten egg

1 teaspoon nutmeg 3½ cups sifted enriched flour 2 teaspoons grated orange rind 3 tablespoons butter

Topping:

1/4 cup butter
2 tablespoons flour
1/2 cup brown sugar
1/4 teaspoon cinnamon

½ cup broken nutmeats

Place the butter and the boiling water in a large bowl; stir in the sugar, salt, and spices. Place the yeast in the ½ cup water until it softens; allow to stand 10 minutes and add to the mixture when the first mixture is lukewarm. After combining these mixtures, add the unbeaten egg. Now add the flour and blend until the mixture is smooth. Oil the bottom and sides of a large 10 inch skillet or a 9 x 9 x 2 cake pan. Place the dough in the pan and smooth. Cut in quarters, brush melted butter on the cuts, and cut each quarter in fourths. Brush the entire surface with butter. Allow to rise double in a warm place for about an hour. Combine the butter, flour, sugar, cinnamon, and nut meats and sprinkle on the top just before baking. Bake in a preheated oven 425° F. for 25 minutes. Loosen the cake and invert it on a cake cooler. Turn nut side up and serve warm.

CAKE AND COOKIES

ANGEL FOOD CAKE

(1 9-inch cake)

1 cup sifted cake flour	⅓ teaspoon salt
11/4 cups sifted sugar	1 teaspoon cream of tarta
1 cup egg whites	1 teaspoon vanilla extrac
(8 to 10 egg whites)	

Sift the flour and ¼ cup of the sugar four times. Beat egg whites and salt until foamy; add the cream of tartar and beat until stiff (until peak stage but not dry). Fold in the remaining sugar using 2 tablespoons at a time. Then fold in the vanilla. Sift about ¼ cup flour over the mixture and fold in gently; continue with three remaining additions. Place in an ungreased tube pan. Cut through the batter to remove air bubbles. Bake in a preheated 325° F. oven for 1 hour. Invert on a cake rack for 1 hour or more, until the cake comes from the pan.

UPSIDE-DOWN CAKE

(Number served: 6)

4 slices canned pineapple

3 tablespoons butter or fortified margarine

6 tablespoons brown sugar

cake batter: 1/4 cup sugar

1/4 cup butter or fortified margarine

1 egg, separated

1 cup sifted cake flour

1½ teaspoons baking powder pinch salt

½ cup pineapple juice

½ teaspoon vanilla

Cut pineapple in wedges. Melt the butter in a 9-inch frying pan. Add the sugar and cook until blended using a low flame. Remove from heat, and arrange pineapple in the sugar. To prepare the batter: Cream the butter, add the sugar; blend until fluffy and add the egg yolk. Sift the flour, baking powder, and salt together; add alternately with the pineapple juice and vanilla. Beat the egg white until stiff and fold into the batter. Pour this batter over the pineapple-sugar mixture. Bake in a preheated 350° F. oven for 25 minutes. Turn out carefully on a serving dish, the pineapple side up. Serve plain or with whipped cream.

ONE-EGG CAKE

(2 8-inch layers or 20 cup cakes)

2 cups sifted cake flour 1 cup sugar

2 teaspoons double-action 1 egg, unbeaten baking powder 34 cup milk

pinch salt 1 teaspoon vanilla

4 tablespoons shortening

Sift flour once, measure, add baking powder, and salt; sift 3 times. Cream shortening and add sugar gradually, creaming together until blended and light. Add egg and beat very thoroughly. Add flour alternately with milk, and beat each addition until smooth. Add vanilla. Bake in 2 oiled layer pans in a preheated 375° F. oven for 25 minutes or until a golden brown. Or bake as cup cakes in oven the same length of time and temperature.

FRUIT AND BERRY SHORTCAKE

(Number served: 6)

1 cup heavy cream 1½ quarts strawberries or

fruits or berries 4 cups sliced peaches, bananas, sugar for sweetening to taste apricots, or canned pineapple

Prepare the "cake" version you prefer: sponge cake, one-egg cake, hot biscuit rounds, or pie pastry. Sweeten the fruits. Whip the cream. Just before serving place fruit or berries on the bottom layer. Cover with the top layer and pour over the cream. Garnish with more fruit.

COCONUT LAYER CAKE

(2 layers—9-inch)

- 2 cups sifted cake flour ½ cup milk
- 2 teaspoons baking powder 1 teaspoon vanilla
- ½ teaspoon salt 3 egg whites, stiffly beaten
- 2/3 cup shortening Recipe—Seven-Minute Frosting
 - 1 cup sugar 1 cup grated coconut
- 3 egg yolks, beaten

Sift the flour; measure, and add baking powder and salt. Cream the shortening and add the sugar gradually. Blend until fluffy. Add the egg yolks; the flour and the milk alternately. Beat after each addition until smooth. Add the vanilla; fold in the egg whites. Bake in a preheated 375° F. oven for 25 to 30 minutes. After the layers are cooled, spread with Seven-Minute Frosting and sprinkle the coconut on the top and sides.

DEVIL'S FOOD CAKE

(2 8-inch layers)

- 13/4 cups cake flour, sifted
 1 teaspoon baking powder,
 double action
 1 tup milk
 1 tup milk
 - ½ teaspoon soda 2 eggs
 - 1 teaspoon salt 2 squares chocolate, melted

Sift the flour, baking powder, soda, salt, and sugar twice. Add ½ cup shortening and ¾ cup of the milk. Beat 2 minutes (300 strokes) with a spoon or the same time at low or medium speed on a mixer. (Scrape down the sides of the bowl frequently). Add the remaining ⅓ cup of milk, and the chocolate and beat another 2 minutes as above. Pour into 2 well-greased, paper-lined pans. Bake in a preheated 350° F. oven for about 30 minutes or until the cake is browned.

FUDGE FROSTING

(2-layer cake)

- 3 squares (3 ounces) chocolate pinch of salt
- in pieces 3 tablespoons light corn syrup
- 1½ cups milk 3 tablespoons butter or substitute
 - 3 cups sugar 1½ teaspoons vanilla

Add the chocolate to the milk, and place over a low flame. Cook until well blended. Add sugar, salt, and corn syrup. Stir until the sugar dissolves and the mixture boils. Continue cooking, without stirring, until it forms a soft ball in cold water (232° F.) Remove from fire, add the vanilla and butter. Cool to 110° F. or lukewarm and beat to the consistency of spreading. May also be used as topping for 2 dozen cup cakes.

JELLY FROSTING

(2 dozen cup cakes)

1 egg white

dash of salt

½ cup tart jelly, as currant or grape

Place the jelly, egg whites, and salt in the top of a double boiler over hot water (above water line). Beat with a rotary beater for about 7 minutes. Remove from hot water. Spread on cup cakes or one-layer cake. This frosting does not become very firm but is colorful and has an excellent flavor.

CHOCOLATE BITS COOKIES

(Yield: about 8 dozen)

1 cup shortening
1 teaspoon baking soda
3/4 cup sugar
1 teaspoon hot water
3/4 cup brown sugar, packed
2 eggs, beaten
1 teaspoon vanilla
1 cup chopped nuts

2½ cups sifted enriched flour 2 packages (7 oz.) chocolate bits

1 teaspoon salt

Set oven at 375° F. Cream shortening until creamy. Gradually add the sugars and blend well. Add eggs, sifted flour, and salt. Dissolve the soda in the hot water, and add alternately with the flour. Add the vanilla and then fold in the nuts and chocolate. Drop by the teaspoonful on an oiled cookie sheet. Bake about 10 or 12 minutes in a 375° F. oven or until a delicate brown. Remove from the cookie sheet and cool before storing.

COCONUT KISSES

(Yield: 50 1½-inch cookies)

1 cup sugar 1 teaspoon vanilla 3 egg whites 1½ cups shredded coconut

Sift sugar to remove lumps; beat egg whites until stiff and very gradually add the sugar. Beat constantly and carefully. Fold in the vanilla and coconut. Drop the kisses from a teaspoon onto a greased cookie sheet. Bake in a 300° F. oven for about 30 minutes or until a delicate golden brown.

SUGAR COOKIES

(Yield: about 40)

½ cup shortening 1 teaspoon vanilla 1 cup sugar 2½ cups sifted enriched flour

2 eggs, well beaten 2 teaspoons baking powder

1 tablespoon milk ½ teaspoon salt

Sift the flour, baking powder, and salt twice. Set oven at 400° F. and prepare cookie pans. Cream the fat, gradually combine the sugar and blend well. Add eggs and mix carefully. Combine the milk and vanilla and blend

into the mixture. Gradually add the flour until a stiff dough results. Wrap in a waxed paper and chill to make rolling easier. Roll about one third of the recipe with a rolling pin to ½ inch thickness. Cut with cookie cutter. Place on lightly greased cookie sheet. Sprinkle lightly with sugar and bake 12 minutes. Gather up the trimmings and finish rolling the dough. Save trimmings for a final rolling.

FILLED COOKIES

(Yield: about 20)

Prepare sugar cookies and roll to ½ inch thickness. Cut with a biscuit cutter. In the center of half of the cookies place 1 teaspoon of mincemeat, jam, jelly or date filling. Cover with another sugar cookie. Press the edges together with a fork. Bake in a 375° F. oven for 12 minutes. Allow to cool before storing.

PIES AND FROZEN DESSERTS

LEMON MERINGUE PIE

(8-inch pie)

single pastry crust

1 cup water

2 well beaten egg yolks

34 cup sugar

1 tablespoon butter or

4 teaspoon salt

1 teaspoon grated lemon peel

6 tablespoons sugar

5 tablespoons cornstarch

Combine the water, sugar, salt, and lemon peel in a saucepan and bring to a boil. Blend the cornstarch into the cold water and add very carefully to the first mixture; stir constantly until thickened (about 20 minutes). Remove from the heat. Add separately and mix well: the egg yolks, butter, and lemon juice. Pour into a baked pastry shell and top with meringue prepared from 2 egg whites and 4 tablespoons sugar. Brown the pie to a golden color in a 325° F. oven for 15 minutes.

SWEETPOTATO PIE

(9-inch pie)

single pastry crust

1½ cups mashed sweetpotatoes
(about 4 medium)

4 eggs, well beaten

3⁄4 teaspoon cinnamon
1⁄4 teaspoon salt
1⁄2 teaspoon vanilla
1½ cups milk

1/3 cup sugar 1/4 cup melted butter or substitute

1/4 teaspoon nutmeg

Line a pie pan and flute the rim. Mash sweetpotatoes; add well-beaten eggs, the spices, vanilla, milk, and melted fat. Beat well until all ingredients are combined. Pour into the pastry-lined pie pan, bake in a 400° F. oven for 45 minutes or until the pie is firm.

BLUEBERRY PIE

(9-inch pie)

pastry, 2 crusts
4 cups blueberries
2 tablespoons enriched flour
3 cups sugar

1 teaspoon lemon juice
2 tablespoons butter
pinch salt

Place lower crust in pie pan. Put blackberries in the crust. Mix the sugar, cinnamon, and lemon juice. Sprinkle over the berries and dot with butter. The top crust may be either in lattice strips or slashed for escape of steam. Bake in 425° F, oven for about 45 minutes.

CHERRY PIE

(9-inch pie)

pastry, 2 crusts 3/4 cup juice from cherries

1 cup sugar 3 cups canned red sour cherries

3 tablespoons enriched flour 2 tablespoons butter

pinch salt

Place a lower crust in the pie pan. Combine the sugar, flour, salt, and cherry juice and cook until clear (about 10 minutes). Place the cherries in the crust, pour on the juice, and dot with butter. Place the top crust on as desired. Bake about 45 minutes in a 425° F. oven, or 15 minutes at 450° F. and 30 minutes at 350° F. or until brown.

PUMPKIN PIE

(9-inch pie)

single pastry crust

3 eggs, well beaten

1 cup sugar

1 teaspoon salt

1 teaspoon cloves

2 cups milk

½ teaspoon cinnamon 2 cups cooked pumpkin

Line a pie pan and flute the rim. Combine eggs, sugar, salt, and spices; gradually add the milk and the pumpkin. Pour into the unbaked pie crust; bake 10 minutes in a 450° F. oven or 25 minutes in a 350° F. oven until firm.

PEPPERMINT STICK ICE CREAM

(Number served: 6)

1 cup milk 2 cups heavy cream

½ pound peppermint stick candy, crushed

Heat the milk in the top of a double boiler; add the candy and stir constantly until the candy is dissolved. Pour into the freezing tray and chill. When

the milk-candy mixture is very cold, whip the cream until thickened and fold into the chilled mixture. Pour back into the freezing tray. Set the controls to the coldest temperature. Stir several times during the freezing.

FRESH PEACH ICE CREAM

(Number served: 6)

1 envelope gelatin 3/4 cups sugar 4 tablespoons water 1/2 cup coffee cream

1½ cups peach pulp 1 cup whipping cream

1 tablespoon lemon juice

Soften the gelatin in water for 5 minutes, place over hot water to dissolve. Combine the peach pulp, lemon juice, sugar, and gelatin and chill. Combine the creams, beat to a thick consistency and add to the first mixture. Pour into a tray and freeze in the refrigerator. Stir once when almost firm. Or freeze in an ice-cream freezer.



MORE ENTERTAINING AND SPECIAL MEALS RECIPES

MORE ENTERTAINING AND SPECIAL MEALS RECIPES

LAYERED OR RIBBON SANDWICHES

(Yield: about 24 sandwiches)

34 cup softened butter or fortified 1/2 cup minced green pepper margarine 1 unsliced loaf bread (one-day

½ cup minced watercress old)

½ cup minced ham

Divide butter into thirds and place in separate bowls. Cream it with watercress in one bowl, with minced ham in another, and with green pepper in the third. Remove crusts from all sides of a day-old loaf of unsliced bread. Cut loaf lengthwise into four equal slices, using entire loaf. Spread three slices with three fillings and place them on top of each other with the ham filling in the center. Cover with unspread slice. Wrap tightly in waxed paper, then in damp towel and chill until ready to use. Cut into ½ inch slices to serve.

426 1 RECIPES

CORNUCOPIA SANDWICHES

(Yield: about 24 sandwiches)

1 fresh loaf of bread 1½ cups of a smooth, soft filling

Remove crust from all sides of loaf of bread. Slice very thin. Spread with sandwich filling. Roll two opposite corners toward center to form a cornucopia or lily; overlap and spread edge with butter to seal.

PICNIC HAMBURGERS

(Yield: 5 hamburgers)

1 pound chopped beef
1 tablespoon chopped onion
1 teaspoon salt

1/8 teaspoon pepper
5 strips bacon
1 large tomato

Combine beef with onion and seasonings and form into flat cakes about $\frac{1}{2}$ inch thick. Wrap each cake with bacon and secure with toothpicks. Broil or saute. Top with a slice of tomato. Serve between buttered rolls.

APPLES-ON-A-STICK

(6 apples)

6 red medium sized apples 1 cup water

6 wooden skewers or sticks red vegetable coloring
2 cups sugar few drops oil of cinnamon

1/2 cup light corn syrup

Wash and dry apples, insert sticks in blossom end. Combine the sugar, syrup and water in saucepan, place over heat and stir until sugar dissolves. Cook without stirring to 300° F. (brittle in cold water). Wipe crystals from sides of pan with damp cloth. Place over boiling water to keep hot, add the flavorings and coloring to produce a bright red color. Holding the apple by the stick, dip into the hot syrup quickly and twist to spread the syrup evenly. Place upright on a wire rack so apples will not touch until firm and cool.

DIVINITY (Yield: 24 pieces)

2½ cups sugar2 egg whites¾ cup light syrup1 teaspoon vanilla½ cup water1 cup nut meats (optional)

pinch salt

Put the sugar, syrup, water, and salt into a saucepan. Cook, stirring only until sugar is dissolved, until 265° F. (hard-ball stage) is reached. Remove from the fire and slowly pour the syrup over stiffly beaten egg whites. Beat continuously until the candy holds its shape when dropped from a spoon. Add vanilla and nuts and mix thoroughly. Drop by teaspoonfuls on a lightly buttered pan or waxed paper.

MOLASSES POPCORN BALLS

(Yield: 16 2-inch balls)

½ cup light molasses2 tablespoons butter½ cup dark molasses1½ quarts popped corn½ tablespoon vinegar¼ teaspoon salt

Place molasses and vinegar in saucepan and cook to 270° F. (brittle test in cold water). Stir constantly after 240° F. is reached to prevent burning. Add butter after removing from the fire. Slowly pour this syrup over the salted popcorn and mix well. Form in small balls, handle as lightly and carefully as possible.

PENUCHI

(Yield: about 12 pieces)

2 cups brown sugar, well packed 1 teaspoon vanilla 3 cup thin cream 1 cup pecans

1 tablespoon butter

Cook the sugar and milk to 236° F. (or soft ball stage). Stir constantly to avoid scorching. Remove from fire, add butter, and allow to cool to 110° F. Beat until creamy, add the vanilla and pecans. Blend carefully and pour into a slightly buttered pan. Cut into squares when cold.

STUFFED DATES

Wipe dates with a damp cloth and make a slit with a sharp knife on one side to remove the pit or seed. Refill with any of these suggestions:

a quartered walnut half a marshmallow half a pecan meat peanut butter a whole salted almond fondant candied pineapple

Place the filling in a date, press well to close and roll in confectioners, granulated sugar or chopped nuts.

CEREAL FLAKES BALLS

(1 pound candy)

2 cups sugar

3 cups corn syrup
3 tablespoons molasses
4 cup water

3 tablespoons soda
14 cup water

3 tablespoons butter
14 teaspoon soda
11/2 cups cereal

Crisp the cereal, if it needs it. Mix sugar, molasses, syrup, water, and cream of tartar and put over low heat. Stir until the mixture begins to boil. Cook without stirring to 285° F. (brittle in cold water). Remove from heat, add soda, cereal, and butter and stir until blended. Pour on a greased pan and, when cooler, shape as desired in balls, rectangular shapes, or patties.

cold.

DATE CANDY ROLL

(about 30 1/4-inch pieces)

1 cup milk ½ cup chopped pecans 2 cups sugar ½ cup shredded coconut

4 tablespoons butter or fortified 1 package (7 ounce) dates, margarine halved

Place milk and sugar in saucepan and cook until 235° F. (soft ball stage). Add the halved dates. Stir and cook until the mixture leaves the sides of the pan. Remove from the fire, add coconut and nut meats, and beat until it begins to become firm. Pour on a wet cloth. Roll into a loaf and cut when

BUDGET MEALS

SHIRRED EGGS ON SPINACH

(Number served: 4)

1 to 1½ pounds spinach ½ teaspoon pepper

½ teaspoon salt 4 eggs

2 slices bacon

Wash spinach thoroughly. Place in a saucepan, and add $\frac{1}{2}$ teaspoon salt. Cover and cook without added water until tender (5 to 8 minutes). Cook bacon until crisp. Chop fine. Mix bacon and bacon fat with spinach and season. Place hot spinach in a baking dish. Make four wells in spinach and break an egg into each. Cover dish and bake in moderate oven (350° F.) 20 to 25 minutes or until eggs are firm.

CHILI CON CARNE

(Number served: 6)

1 onion, diced 2 cups cooked kidney beans 2 tablespoons fat 1/2 teaspoon chili powder

2 cups canned tomatoes 1 teaspoon salt

1 pound ground meat

Sauté onion in the fat until golden brown; add tomatoes, meat, beans, and seasonings. Cover and cook slowly for about 1 hour. Add water if mixture seems dry.

LIMA BEAN CASSEROLE

(Number served: 6)

1 cup dried lima beans 2/3 cup tomato juice

1 onion, minced ½ teaspoon salt

½ pound ground meat

Inspect and wash beans; soak several hours. Drain, and cover with salted boiling water. Cook (covered), until tender. Drain. Cut bacon in fine pieces and sauté until done. Then add onion and meat and cook until brown. Add tomato juice, water, salt, sauce, and lima beans, to the sautéd materials. Simmer about 20 minutes and serve in a casserole dish.

QUICK MEALS

TUNA CASSEROLE

(Number served: 4)

1 cup noodles
2 hard-cooked sliced eggs (optional)
1 quart boiling water
3 stuffed sliced olives (optional)
4 ounces grated American cheese
5 toplow tional)
6 stuffed sliced eggs (optional)
7 cup flaked tuna (7-oz. can)
8 stuffed sliced olives (optional)
9 cup noodles
1 teaspoon salt
1 cup noodles
1 teaspoon salt
1 cup noodles
1 teaspoon salt
2 hard-cooked sliced eggs (optional)

Cook noodles. Butter the casserole dish lightly. Place one half the noodles on the bottom. Place all the flaked tuna on the noodles and pour on half the soup. Add the remaining noodles, the remaining soup, the olives, and the eggs. Set the oven for 350° F. Place the cheese on the top of the casserole. Dot lightly with butter. Put the casserole in the oven for a 30-minute baking. Remove the cover the last 15 minutes so that the top will brown.

WELSH RABBIT

(Number served: 4)

34 pound sharp cheddar cheese, grated
 1/2 teaspoon bottled sauce (Worcestershire type)
 1/2 cup top milk
 4 slices toast or crisp crackers

½ teaspoon dry mustard

Melt the cheese in the top of a double boiler; add the milk gradually and stir until the two are well blended. Add the seasonings. Blend well and serve on hot, crisp toast or crackers. 1 can condensed tomato soup or 1 cup tomato juice and 1 egg may be substituted for the milk to make the variant of this dish called Tomato Rabbit.

MEXICAN SCRAMBLED EGGS

(Number served: 4-6)

2 tablespoons minced onion 1/3 cup sieved cooked or canned 1/2 clove garlic, minced tomatoes 1 small green pepper, diced fine 3 tablespoons water

2 tablespoons fat 1 teaspoon salt, pepper 6 eggs, slightly beaten

Sauté onion, garlic, and green pepper in fat. Add tomatoes, water, salt, and pepper. Cook 3 minutes. Add eggs and cook over low heat, stirring occasionally, until thickened. Serve hot.

PART 5

MORE FOOD FOR FUTURE USE RECIPES

FOOD FOR FUTURE USE

CRANBERRY CONSERVE

(Yield: 4 6-ounce jelly glasses)

1 pound cranberries 2½ cups sugar ½ cup raisins 1/8 teaspoon salt 1 orange 1 cup water

Pick over cranberries and discard any that are soft. Wash the berries and raisins. Peel the orange and remove the seeds. Chop and combine orange pulp and cranberries. Add the sugar, salt, and water and cook until thick, about ½ hour, and stir often. Pour into hot, sterilized jelly glasses, and cover with melted paraffin.

GRAPE CONSERVE

(Yield: 10 6-ounce jelly glasses)

4 pounds Concord grapes 1 orange, cut in 1/4 inch slices,

4 cups sugar chopped

1/4 teaspoon salt 1 cup nuts, chopped and toasted

1 cup seedless raisins

Wash grapes, drain, and stem. Slip out of skins and retain skins. Cook grape pulp 10 minutes. Rub through sieve. Add sugar, salt, raisins, and orange to this pulp. Stir until sugar dissolves. Cook quickly and stir constantly. Add the skins and cook until thick. Add toasted nuts. Pour into hot, sterilized glasses. Cover with melted paraffin.

ORANGE MARMALADE

(Yield: 8 6-ounce jelly glasses)

6 oranges sugar

Cut oranges into quarters and slice the quarters very thin through pulp and rind, discarding all the seeds. Measure the cut fruit and cover with 3 cups of water for each cup of fruit. Let stand over night. Next morning, boil slowly until the rind is tender. Add one cup of sugar for each cup of fruit. Cook with occasional stirring to avoid burning, until fruit is clear and syrup sheets from spoon or until thermometer registers 222° F. Pack in glasses and cover with melted paraffin.

STRAWBERRY PRESERVES

(Yield: 2 pints)

4 cups washed strawberries

5 cups sugar

Put the sugar and berries in a large, deep pan. Place over very low fire until the sugar melts. After the sugar melts, turn the fire high and boil 12 minutes; begin counting time after boiling point is reached. Remove from flame, skim off pink foam, and let berries stand until thoroughly cold. Put in hot, sterilized jars and seal with melted paraffin.

APPLE BUTTER

(Yield: 2 quarts)

1 gallon sweet cider

½ teaspoon whole allspice

21/2 quarts apples, peeled, cored,

1 3-inch stick whole cinnamon

and sliced 2 cups sugar 3 to 4 whole cloves

Reduce cider to one half the amount by boiling in an open vessel; add the prepared apples. Cook rapidly, stirring frequently, until the apples are soft; then cook slowly, stirring constantly. When the mixture begins to thicken add the sugar and spices. Cook, stirring constantly, until the mixture is very smooth and thick enough to spread. Pour immediately into hot sterilized jars and seal at once.

CHILI SAUCE

(Yield: about 5 pints)

4 quarts ripe tomatoes, peeled

2 tablespoons salt ½ teaspoon cayenne

and chopped 3 cups finely ground white onions

1 tablespoon whole cloves

1 cup finely ground green pepper

3 3-inch sticks whole cinnamon

1 cup finely ground sweet red pepper

1 tablespoon mustard seed

pepper 2 cups sugar 3 cups vinegar

Wash vegetables thoroughly before preparing. Remove seeds and white portions from peppers before chopping. Combine vegetables, sugar, salt, and cayenne in a heavy pot; place over low heat and stir until sugar is dissolved. Cook slowly, stirring occasionally, about 2 hours or until the mixture thickens. Add spices (tied in a square of cheesecloth) and vinegar. Cook until very thick. Pour immediately into hot sterilized jars. Seal at once.



UNIT IX

APPENDIX

- 1. Normal Weights for Heights Table
- 2. Recommended Daily Dietary Allowances
- 3. Table of Food Analysis
- 4. References
- 5. Selected Sources for Filmstrip



NORMAL WEIGHTS1 FOR HEIGHTS FOR BOYS AND GIRLS BETWEEN 10 AND 18 YEARS OF AGE2

									А	GE IN	YEAI	RS							
		1	0	1	1	1	2	1	3	1	4	1	5	1	6	1	7	1	.8
Hei	ghts	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Feet 3 4 4 4 4 4 4 4 4 4 4 5 5 5 5 5 5 5 5 5	Ins. 11 0 1 2 3 4 5 6 7 8 9 10 11 0 1 2 3 4 5 6 7 8 9 10 11 0 1 2 3 1 1 1 0 1 2 1 2	Ltd 50 53 55 58 61 64 67 70 73 77 80 84 87 91	50 53 56 59 61 64 68 70 74 78 82 84 87 91	55 58 61 64 67 70 73 77 81 84 88 92 100 105	53 56 61 63 65 68 71 74 78 82 86 90 95 99	58 61 64 68 71 74 77 81 85 89 92 92 106 109 114	62 65 67 71 75 79 82 86 90 95 100 105 110	644 688 711 744 788 82 855 899 102 107 1111 1119 1124	71 73 77 81 84 88 92 97 101 106 110 115 120 124 128 131	72 74 78 83 86 90 94 99 103 108 113 118 122 128 134 137 143 143	78 83 88 93 96 101 105 109 112 124 130 133 135 136 138	80 83 87 90 95 100 104 110 125 130 134 141 150 153 157 160	92 96 100 105 108 113 116 119 122 125 131 135 137 138 140	90 96 103 107 113 117 122 128 134 146 151 155 160 164	101 103 108 112 115 117 120 123 128 133 136 138 140 142	106 111 118 121 127 132 136 141 146 148 152 156 162 168	104 109 113 117 119 122 125 129 133 138 140 142 144	116 123 126 131 136 139 143 149 151 154 158 164 170	111 116 118 120 123 126 130 135 138 142 144

¹ Weights include regular clothing except shoes, sweaters, and coats.
2 Adapted from the Baldwin-Wood tables, Food and Life, Yearbook of Agriculture, 1939, United States Department of Agriculture.

[←] The Howe Scale Company

RECOMMENDED DAILY DIETARY ALLOWANCES¹

FAMILY MEMBERS	FOOD ENERGY CALORIES	PROTEIN	CALCIUM MILLI- GRAMS	IRON MILLI- GRAMS	VITAMIN A UNITS	THIAMINE GAMMAS	THIAMINE RIBOFLAVIN GAMMAS GAMMAS	ASCORBIC ACID MILLI- GRAMS	VITAMIN D UNITS ²
Children up to 12 years:			1000	۷	1500	400	009	30	400
1–3 years (27 pounds)	1200	40	1000	· /-	2000	009	006	35	400
4–6 years (42 pounds)	1600	50	1000	∞	2500	800	1200	20	400
7–9 years (58 pounds)	2000	09	1000	10	3500	1000	1500	09	400
10–12 years (78 pounds)	2500	70	1200	12	4500	1200	1800	75	400
13–15 years (108 pounds)	2600	80	1300	15	2000	1300	2000	80	400
16-20 years (122 pounds)	2400	75	1000	15	2000	1200	1800	80	400
Boys:									
13-15 years (108 pounds)	3200	85	1400	15	2000	1500	2000	90	400
	3800	100	1400	15	0009	1700	2500	100	400
Women (123 pounds): Sedentary	2000	09	1000	12	2000	1000	1500	70	(2)
Moderately active	2400	09	1000	12	2000	1200	1500	20	(5)
Very active	3000	09	1000	12	2000	1500	1500	70	(2)
Men (154 pounds):									
Sedentary	2400	70	1000	12	2000	1200	1800	75	(2)
Physically active	3000	70	1000	12	2000	1500	1800	75	(2)
With heavy work	4500	70	1000	12	2000	1800	1800	75	(2)
1 December of the Control of the Con	4 TI	W. 1			5	100		10.40	

1 Based on "Recommended Dietary Allowances," National Research Council Reprint and Circular Series No. 129, revised 1948. 2 For persons who have no opportunity for exposure to sunshine, the ingestion of small amounts of vitamin D may be desirable.

TABLE OF FOOD ANALYSIS¹

measure. Figures are for pasteurized milk and sulphur-dried fruits. Unless specified, vitamin and mineral contents are for uncooked foods, and allowances must be made for losses during cooking. With the exception of milk, average servings of food are given; weights and measures are of edible portions only. In case of cereals and legumes, raw weights are given with approximate cooked

ABBREVIATIONS USED IN TABLE

* probably rich source — amount insignificant no data available av. average	_	c. standard measuring cup Oz. ounce in. inch Ig. large	asuring cut		suring cup med. medium ser, serving sl. slice sq. square			sm. sm st. ste T. ta t. tec	sm. small st. stalk T. tablespoonful t. teaspoonful	η	
					VITAMINS						
FOOD	WEIGHT, GRAMS	MEASURE	A UNITS	THIAMINE GAMMAS	RIBOFLAVIN GAMMAS	ASCORBIC ACID MILLI- GRAMS	D UNITS	CALCIUM MILLI- GRAMS	IRON MILLI- GRAMS	PROTEIN	CALORIES
almonds	10	10 med.	0	15	10		0	25	0.3	2	65
apple	100	1 sm.	90	36	50	9	0	7	0.3	0	64
applesauce, sweetened	100	1/2 c.	09	25	75	5	0	10	0.4	0	150
apricots, dried	50	8 halves	6850	48	250	0	0	16	8.0	1	102
apricots, fresh	100	6 halves	7500	33	100	4	0	13	9.0	1	70
artichoke, Jerusalem	50	1 med.	200	75	15	10	0	20	0.4	1	32
asparagus, bleached	100	8 st.	0	150	65	12	0	21	1	2	20
asparagus, green	100	8 st.	1100	360	65	20	0	21	1	2	20
avocado	100	1/2 med.	500	120	137	6	0	4	6.3	2	263
bacon, crisp	10	11/2 sl.	0	27	7	0	0	0	0.1	2	53
banana	100	1 med.	300	45	87	10	0	∞	9.0		85

¹ Based on Adelle Davis: Vitality Through Planned Nutrition, Rev. Ed., The Macmillan Company, 1949

					VITAMINS						
FOOD	WEIGHT, GRAMS	MEASURE	A UNITS	THIAMINE	RIBOFLAVIN GAMMAS	ASCORBIC ACID MILLI- GRAMS	D	CALCIUM MILLI- GRAMS	IRON MILLI- GRAMS	PROTEIN	CALORIES
barley, pearl	100	1/2 c. raw	0	165	0	0	0	20	0.2	4	330
barley, whole	100	1/2 c. raw		2200	:	0	0	51	4.7	4	310
beans, kidney, cooked	100	1/2 c.	300	216	210	0	0	46	9.0	9	88
beans, lima, dry, cooked	06	1½ c.	0	300	250	0	0	72	2.9	∞	129
beans, lima, green, cooked	100	1½ c.	006	225	250	42	0	21	6.0	7	116
beans, navy, baked	100	1/2 c.	20	150	15	0	0	52	3.8	9	115
beans, string, green, cooked	100	3/4 c.	950	09	100	8	0	55	1.1	2	43
beef broth	200	1 c.	0	:	:	0	0	0	:	4	30
beef, fat	113	4 oz. or 1 sl.	40	135	200	0	0	12	3	19	242
beef, lean	113	4 oz. or 1 sl.	09	140	262	0	0	13	3.4	22	190
beet greens, cooked	135	½ c.	22,000	100	200	50	0	94	3.2	2	28
beets	100	1½ c.	50	41	37	&	0	28	2.8	2	40
blackberries	100	3/4 c.	300	25	30	3	0	32	6.0	0	52
blueberries	100	34 c.	35	45	31	11	0	25	6.0	0	50
bologna	20	10 sl. sm.	0	255	200	0	0	40	4.2	∞	109
brains, beef	113	4 oz.	54	168	360	18	:	16	5.3	11	127
bran, wheat flakes	25	1 c.	25	240	80	0	0	30	1.9	1	70

bread, rye	30	1 sl.	I	99	:	0	0	12	9.0	8	92
bread, white, milk	30	1 sl.	10	15	20	0	0	14	0.2	3	72
bread, white, roll	50	1 lg.	12	24	25	0	0	12	0.2	4	100
bread, wholewheat, 100%	30	1 sl.	10	180	100	0	0	22	1.1	3	75
broccoli, flower	100	34 c.	0009	120	350	65	0	64	1.3	2	35
broccoli, leaf	100	34 c.	30,000	120	687	06	0	262	2.3	3	35
broccoli, stem	100	34 c.	2000	:	187	:	0	83	1.1	7	35
Brussels sprouts	100	34 c.	400	180	06	130	0	27	2.1	4	55
buckwheat, whole	100	5 T.	:	099		0	0	24	2.6	12	240
butter	10	2 t., 1 sq.	225	12	0	0	4	1	0	0	77
buttermilk	096	1 qt.	400	300	1850	0	2	1200		30	400
cabbage, inside leaves	100	1 c. raw	0	78	75	50	0	46	0.2	2	28
cabbage, Chinese	100	1 c. raw	5000	36	462	50	0	400	2.5	2	30
cabbage, green	100	1 c. raw	160	06	150	50	0	429	2.8	2	28
cake, chocolate	50	1 sl.	160	15	30	0	0	21	0.4	3	200
cake, devil's food	50	1 sl.	150	19	37	0	0	111	2.9	3	177
cake, sponge	25	1 sl.	160	36	9	0	:	18	8.0	2	72
candy, chocolate	15	1 piece	I	0	0	0	0	0	0		45
candy, chocolate nut	40	1 bar	1	:	:	0	0	0	0	5	219
candy, gumdrop	10	1 lg.	0	0	0	0	0	0	0	-	36

					VITAMINS						
FOOD	WEIGHT, GRAMS	MEASURE	A UNITS	THIAMINE GAMMAS	RIBOFLAVIN GAMMAS	ASCORBIC ACID MILLI- GRAMS	D	CALCIUM MILLI- GRAMS	IRON MILLI- GRAMS	PROTEIN	CALORIES
candy, marshmallow	9	1 av.	0	0	0	0	0	0	0		20
candy, milk chocolate	50	1 bar		0	0	0	0	10	0	4	282
candy, mint	9	1 piece	I	0	0	0	0	0	0	0	20
candy, peanut brittle	25	2x3x ¹ / ₄ in.	0	45	30	0	0	5	0.4	3	115
cantaloupe (see melon)											
carrots	100	½ c. diced	4500	70	75	5	0	45	9.0	-	30
cashew nuts	30	20 nuts	0	*	92	0	0	16	:	9	202
cauliflower	100	34 c.	10	85	06	75	0	122	6.0	2	25
celery, bleached	100	4 st.	20	30	15	5	0	78	0.5	1	19
celery, green	100	4 st.	640	30	45	7	0	86	8.0	1	19
celery root	100	1/2 c.	:	:	:	2	0	47	8.0	3	38
cereal, whole wheat,	100	3 c.	7	140	30	0	0	10	1.4	3	100
chard, leaves, cooked	100	½ c.	15,000	450	165 .	37	0	150	3.1	2	25
cheese, American	40	2x1x1 in.	1000	18	200	0	0	380	0.4	12	160
cheese, Cheddar	30	2 T.	200	45	650	0	0	254	0.1	7	100
cheese, cottage	100	1/2 c.	180	18	250	0	1	240	l	20	100
cheese, cream	20	1 T.	3500	10	112	0	I	127	1	7	75.

cheese, Swiss	30	1 sl.	099	:	150	0		330	0.4	10	135
cherries, stoned	100	12 lg.	259	51	1	12	0	19	0.4	-	06
chestnuts, fresh	20	6 nuts	0	48	:	0	0	7	8.0		37
chicken	113	4 oz.	0	140	180	0	0	14	3.1	18	125
chocolate malted milk	350	13 oz.	2260	333	532	0	10	390	1.1	=	514
chocolate milk shake	350	13 oz.	1240	168	432	0	10	390	6.0	10	472
chocolate pudding 1	125	1/2 c.	592	15	150	0	4	149		5	272
chocolate, sweetened	30	1 oz.	0	25	:	0	0	27	0.7	1	170
clams	113	6, or 3/4 c.	20	21	15	15	5	95	4.2	14	100
coca cola	200	7 oz.	0	0	0	0	0	0	0	0	135
cocoa 2	150	1 c.	300	30	150	0	-	186	0.4	5	135
coconut, dried	20	3 T.	:	15	25	0	0	12	0.4	_	130
cod-liver oil, U.S.P.	15	1 T.	10,000	0	0	0	1700	0	0	0	100
cod fish	113	4 oz.	10	150	192	0		12	9.0	16	70
coffee, liquid	200	1 c.	0	0	0	0	0	0	0	0	0
collards, cooked	100	½ c.	6300	130	*	70	0	207	3.4	3	41
cookie, molasses	25	1 lg.		1	:	0	0	39	1.5	2	100
corn, canned, yellow	100	1/2 c.	006	130	120	4	0	9	0.4	4	120
corn, on cob, yellow	100	1 med.	860	209	55	8	0	8	0.4	3	06

² 100 gm. milk

1 100 gm. milk, 1/4 egg

					VITAMINS						
FOOD	WEIGHT, GRAMS	MEASURE	A UNITS	THIAMINE GAMMAS	RIBOFLAVIN GAMMAS	ASCORBIC ACID MILLI- GRAMS	D UNITS	CALCTUM MILLI- GRAMS	IRON MILLI- GRAMS	PROTEIN	CALORIES
corn oil	11	1 T.	0	0	0	0	0	0	0	0	100
corned beef	113	4 oz.	:	:	*	0	0	13	8.9	16	196
cornflakes	20	34 c.	0	20	20	0	0	10	0.1	2	100
cornmeal, white	100	1½ c.	0	110	82	0	0	16	0.5	00	270
cornmeal, yellow	100	1/2 c.	500	110	100	0	0	16	6.0	00	272
cottonseed oil	11	1 T.	0	0	0	0	0	0	0	0	100
crab	113	2½ c.	:	135	420	12	:	17	0.1	16	80
crackers, graham	20	2	0	48	:	0	0	4	0.2	2	84
crackers, soda	12	2 lg.	0	0	0	0	0	2	0	-	53
cranberries, sauce	100	34 c.	30	0	0	9	0	13	0.4	1	300
cream, table, 20%	09	4 T.	510	30	06	0	5	45	1	2	105
cream, whipping, 40%	09	4 T.	1020	30	06	0	10	38	1	1	240
cream soup, spinach 1	150	34 c.	4800	87	150	2	4	157	3.5	5	150
cream soup, tomato 1	150	34 c.	1100	96	150	3	4	130	9.0	4	141
cucumbers	100	1 med.	35	09	54	12	0	10	0.3	-	15
custard 2	130	1½ c.	918	48	225	0	9	134	0.7	7	126
dandelion greens, cooked	100	1/2 c.	20,000	190	270	100	0	84	9	3	45

1 1/2 c. milk, whole; 3 T. vegetable

dates, dried, stoned	100	15 med.	155	09	54	0	0	70	3.5	7	347
doughnuts	100	2	190	18	87	0	0	21	1.6	7	481
duck	113	4 oz.	:	360	:	0	0	10	2.3	21	159
egg, whole	50	1 av.	009	65	150	0	50	32	1.5	9	75
egg white	30	1 white	0	5	50	0	0	4	0	3	12
egg yolk	20	1 yolk	009	09	100	0	20	28	1.5	3	58
eggplant	100	½ c.	70	42	36	10	0	111	0.5	-	15
endive	100	10 st.	15,000	58	72	20	0	104	1.2	-	∞
escarol (chicory)	100	34 c.	23,000	75	250	7	0	29	1.5	-	20
farina, raw, refined	20	3 T.	0	10	0	0	0	5	0.1	2	72
figs, dried	30	2 sm.	15	15	32	0	0	54	0.7	-	103
figs, fresh	50	2 lg.	50	37	30	-	0	26	0.4	1	42
fish (average)	113	4 oz.	16	148	220	0	:	12	1.6	21	140
flour, buckwheat	113	1 c.	0	300	:	0	0	=	1.3	9	387
flour, rye	113	1 c.	0	171	72	0	0	18	1.4	6	388
flour, soy bean	113	1 c.	:	650	370	0	0	200	7.4	37	379
flour, wheat, fortified 1	113	1 c.	0	450	220	0	0	270	3.3	10	354
flour, wheat, refined	113	1 c.	0	70	54	0	0	20	-	10	354
flour, wheat, whole grain	113	1 c.	42	450	160	0	0	45	5	12	361

¹ Fortified flour means that iron, thiamin, niacin, and sometimes calcium and riboflavin, have been added to refined flour.

					VITAMINS						
FOOD	WEIGHT, GRAMS	MEASURE	A	THIAMINE	RIBOFLAVIN GAMMAS	ASCORBIC ACID MILLI- GRAMS	D	CALCIUM MILLI- GRAMS	IRON MILLI- GRAMS	PROTEIN	CALORIES
frankfurters	113	2 links	0	*	:	0	0	7	1.6	14	244
gelatin, dried	10	1 T.	0	0	0	0	0	0	:	∞	34
ginger ale	200	7 oz.	0	0	0	0	0	0	0	0	06
goose	113	4 oz.	:	150	:	0	0	10	2.4	22	153
gooseberries	100	3/4 c.	150	150	:	25	0	40	0.4		37
grapefruit, fresh	100	1/2 med.	20	70	09	45	0	21	0.2	0	36
grapefruit juice, fresh	240	1 c., or 8 oz.	50	75	144	108	0	42	0.4	-	72
grapefruit juice, canned	240	1 c., or 8 oz.	50	65	144	72	0	42	0.4	-	100
grape juice, canned	100	1/2 c.	0	20	20	0	0	111	0.3	0	09
grapes	100	1 sm. bunch	25	30	24	3	0	19	0.7	-	08
guavas	100	1	200	156	105	125	0	15	3	1	56
haddock	113	4 oz.	7	120	198	0	:	18	0.5	17	72
halibut	113	4 oz.	0	120	222	0	:	20	-	19	121
ham	113	4 oz.	0	800	225	0	0	13	5.7	20	248
heart, beef	113	4 oz.	:	099	006	4	0	12	3.7	17	96
herring	113	4 oz.	200	120	330	0	:	23	9.0	19	394
hominy, white	100	½ c.	0	54	0	0	0	12	0	0	355

APF	'ENI	DIX																	L 4
101	09	208	176	156	112	45	21	137	32	359	225	55	270	40	20	115	10	10	20
0	1	2	0	0	2	4	1	15	2	20	22	4	0	2	0	6	-	-	0
0.1	0.2	9.0	1	ı	0	2.5	0.2	4.2	0.7	3.3	1.7	2.6	0	9.0	0.3	1.7	1.5	0.5	1
0	25	202	1		0	195	3	6	195	21	21	180	0	58	11	20	49	17	28
0	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
-	∞	0	0	0	0	96	1	10	50	0	0	82	0	24	25	0	7	5	18
0	21	150	1	1	0	570	:	2520	120	330	320	009	6	:	2	390	150	62	:
0	45	36	0	0	0	189	:	300	30	300	225	180	51	150	24	378	75	51	:
0	100	170	0	0	0	20,000		1100	:	0	0	19,000	2	20	0	200	2000	125	65
1 T.	1/2 c.	1/2 c.	4 t.	4 t.	3½ c.	1/2 c.	1 T.	4 oz.	½ c.	2 chops	4 oz.	1/2 c.	2 T.	1/2 c.	4 T.	1/2 c.	10 leaves	1/4 head	1/4 c.
25	100	100	50	50	200	100	20	113	100	113	113	100	30	100	50	100	100	100	50
honey	huckleberries	ice cream, commercial	jams	jellies	jello 1	kale, cooked	ketchup, tomato	kidney, beef	kohlrabi	lamb chop	lamb, roast	lamb's-quarters (greens)	lard	leeks	lemon juice	lentils, cooked	lettuce, green	lettuce, white	lime juice

1 Made with water

					VITAMINS						
FOOD	WEIGHT,	MEASURE		THIAMINE	RIBOFLAVIN	ASCORBIC ACID	٥	CALCIUM MILLI-	IRON MILLI-	PROTEIN	CALORIES
			UNITS	GAMMAS	GAMMAS	MILLI- GRAMS	UNITS	GRAMS	GRAMS		
liver, beef	113	4 oz. or 1 sl.	0006	300	2500	30	20	111	9.2	20	140
liver, calf	113	4 oz. or 1 sl.	0006	250	2250	25	70	∞	9.4	23	148
liver, chicken	113	4 oz. or ½ c.	8000	210	:	25	15	٠	:	20	130
liver, lamb	113	4 oz. or 1 sl.	0006	300	2500	20	17	∞	7.9	20	120
liver, pork	113	4 oz. or 1 sl.	0009	450	2500	12	24	10	8.1,	20	150
lobster, canned	100	1/2 c.	:	150	156	5	:	18	020	16	84
loganberries, canned	100	1 c.	:	33	:	35	0	35	1.3	1	64
macaroni, white, cooked	100	3/4 C.	0	5	0	0	0	24	0.1	3	130
macaroni, whole wheat	100	34 c.	0	410	160	0	0	45	5.1	4	130
malted milk, dry	30	2 T.	2040	330	200	0	0	:	:	2	82
mandarin (orange)	100	2 sm.	150	80	150	46	0	45	0.5	0	61
margarine	28	1 oz.	1:	0	0	0	:	1	0.1	ı	261
marmalade, orange	25	1 T.	:	0	:	0	0	8	0.1	1	58
mayonnaise	15	1 T.	1	:	7	0	0	2	1	1	100
melon, cantaloupe	150	1/2 sm.	006	06	100	50	0	32	0.5	1	4
melon, honey dew	150	1/4 med.	100	:	:	06	0	:	:	0	35
melon, watermelon	300	1 med. ser.	450	180	84	22	0	33	9.0	0	06
	-										

¹ Present if the vitamin is added

5T. 0 340 1625 0 0 1220 1.2 34 350 1qt. 880 56 390 0 341 250 0.5 8 150 1qt. 800 240 1500 2 0 1100 1.6 33 660 1qt. 3500 600 2100 12 40 1220 2.8 33 660 1qt. 30 1900 10 20 1220 2.4 34 370 1qt. 2920 300 1900 10 20 1220 2.4 34 370 1qt. 1630 547 950 12 1152 2. 32 660 1qt. 163 547 950 12 1152 2 32 672 1T. 0 49 58 0 0 259 9.6 1 57 1T. <th>10</th> <th>100</th> <th>½ c.</th> <th>089</th> <th>96</th> <th>420</th> <th>0</th> <th>0</th> <th>300</th> <th>0.3</th> <th>6</th> <th>326</th>	10	100	½ c.	089	96	420	0	0	300	0.3	6	326
680 56 390 0 341 250 0.5 8 1 800 240 1500 2 0 1100 1.6 33 6 3500 600 2100 12 40 1220 2.8 33 6 2920 300 1925 11 0 1220 2.4 34 3 6 1630 300 1900 10 20 1200 2.2 33 6 1630 547 950 11 0 1250 2.2 32 6 0 49 58 0 0 259 9.6 1 1 0 0 0 0 0 259 9.6 1 1 1 0	09		5 T.	0	340	1625	0	0	1220	1.2	34	350
800 240 1500 2 0 1100 1.6 33 6 3500 600 2100 12 40 1220 2.8 33 6 390 600 2100 12 40 1220 2.8 33 6 2920 300 1900 10 20 1200 2.2 33 6 1630 547 950 12 1152 2 32 6 0 49 58 0 0 259 9.6 1 - 11 - 11.4 - 11.4 - 11 11 11.4 11 <td< td=""><td>100</td><td>-</td><td>1/2 c.</td><td>089</td><td>56</td><td>390</td><td>0</td><td>341</td><td>250</td><td>0.5</td><td>∞</td><td>150</td></td<>	100	-	1/2 c.	089	56	390	0	341	250	0.5	∞	150
3500 600 2100 12 40 1220 2.8 33 6 330 300 1925 11 0 1120 2.4 34 33 1630 300 1925 11 0 1220 2.2 33 6 1630 347 950 12 1152 2 32 6 0 49 58 0 0 259 9.6 1 1 0 0 0 0 0 259 9.6 1 1 0 0 0 0 0 259 9.6 1 1 1 1 0	096		1 qt.	800	240	1500	2	0	1100	1.6	33	099
30 300 1925 11 0 1220 2.4 34 34 35 1630 360 1900 10 20 1200 2.2 33 6 1630 347 950 11 1152 2 32 6 0 49 58 0 0 259 9.6 1 1 0 0 0 0 0 259 9.6 1 1 0 0 0 0 0 40 1.4 1	096	-	1 qt.	3500	009	2100	12	40	1220	2.8	33	099
2920 300 1900 10 20 1200 2.2 33 6 1630 547 950 12 1152 2 32 6 0 49 58 0 0 259 9.6 1 6 1	096	-	1 qt.	30	300	1925	11	0	1220	2.4	34	370
1630 547 950 12 1152 2 32 6 0 49 58 0 0 259 9.6 1 0 0 0 0 0 40 1.4 — 0 0 0 0 40 1.4 — 1 20 150 40 0 0 2 0 0 21 450 62 0 0 26 0.6 1 1 11,000 150 70 2 14 0.7 4 11,000 138 450 125 0 26 0.6 1 1 0 360 360 330 0 10 3 20 1	096	1	1 qt.	2920	300	1900	10	20	1200	2.2	33	099
0 49 58 0 0 259 9.6 1 0 1049 58 0 0 259 9.6 1 0 0 0 0 40 1.4 — 1 0 0 0 0 2 0 0 0 0 20 150 40 0 26 0.4 1 1 1 0 150 40 0 0 26 0.4 1 1 1 0 160 70 2 0	096		1 qt.	1630	547	950	12	:	1152	7	32	672
0 1049 58 0 259 9.6 1 0 0 0 0 40 1.4 — 20 0 0 0 40 1.4 — 20 150 0 0 2 0 0 25 450 62 0 0 26 0.4 1 1 0 160 70 2 14 0.7 4 1 1 11,000 138 450 125 0 291 9.1 2 0 360 330 0 0 10 3 20 1 0 190 75 0 4 1.4 4 4	20	1	1 T.	0	49	58	0	0	259	9.6	-	52
0 0 0 0 40 1.4 — 20 0 0 0 2 0 0 20 150 40 0 2 0 0 0 25 450 62 0 0 26 0.4 1 1 0 160 70 2 14 0.7 4 1 1 1 11,000 138 450 125 0 291 9.1 2 1 0 360 330 0 0 10 3 20 1 0 190 75 0 4 1.4 4 4	20		1 T.	0	1049	58	0	0	259	9.6	1	52
0 1 1	20		1 T.	0	0	0	0	0	40.	1.4	1	57
20 150 40 0 0 26 0.4 1 1 25 450 62 0 26 0.6 1	20	1	1 T.	0	0	0	0	0	2	0	0	59
25 450 62 0 0 26 0.6 1 0 160 70 2 14 0.7 4 11,000 138 450 125 0 291 9.1 2 0 360 330 0 0 10 3 20 1 0 190 75 0 4 1.4 4 4	35	-	1 lg.	20	150	40	0	0	26	0.4		120
0 160 70 2 14 0.7 4 11,000 138 450 125 0 291 9.1 2 0 360 330 0 0 10 3 20 1 0 190 75 0 4 1.4 4 4	35	-	1 lg.	25	450	62	0	0	26	9.0	1	120
11,000 138 450 125 0 291 9.1 2 0 360 330 0 0 10 3 20 1 0 190 75 0 0 4 1.4 4 4	100	1	34 c.	0	160	70	2	:	14	0.7	4	36
0 360 330 0 0 10 3 20 1 0 190 75 0 0 4 1.4 4 4	100	i -	1/2 c.	11,000	138	450	125	0	291	9.1	2	25
0 190 75 0 0 4 1.4 4	113	1	4 oz.	0	360	330	0	0_	10	3	20	191
	20		1/2 c.	0	190	75	0	0	4	1.4	4	80

 1 If irradiated 2 Fortified by adding 30 milligrams of thiamin to a pint of molasses 3 I T. per muffin

					VITAMINS						
FOOD	WEIGHT, GRAMS	MEASURE	A UNITS	THIAMINE GAMMAS	RIBOFLAVIN GAMMAS	ASCORBIC ACID MILLI- GRAMS	D	CALCIUM MILLI- GRAMS	IRON MILLI- GRAMS	PROTEIN	CALORIES
okra	100	½ c.	440	126	:	17	0	72	2.1	2	24
olives, green	25	5	50	0	0	0	0	40	9.0		35
olive oil	15	1 T.	0	0	0	0	0	0	0	0	135
onions, dry	100	2 sm.	0	42	125	2	0	41	0.3	-	45
onions, fresh	100	4 med.	09	42	125	7	0	41	0.4		42
orange	100	1 med.	190	06	75	50	0	44	0.4		50
orange juice, canned	240	1 c. or 8 oz.	460	225	230	80	0	06	6.0		110
orange, fresh	240	1 c. or 8 oz.	460	200	230	120	0	06	6.0	-	110
oysters	100	7 med.	250	225	540	3	5	33	5.8	9	50
parsley	50	1/2 c.	8000	57	:	70	0	23	9.6	20	24
parsnips	100	1/2 c.	100	120	:	40	0	09	1.7	2	65
peaches, dried	25	3 halves	1000	20	50	0	0	12	9.0	-	77
peaches, white, raw	100	3 halves	100	25	65	9	0	10	0.2	1	50
peaches, yellow, canned	100	2 lg. halves	009	24	09	∞	0	10	0.3	-	50
peaches, yellow, raw	100	11g.	1000	25	65	6	0	10	0.3	1	50
peanut butter	34	2 T.	120	210	200	0	0	24	9.0	6	203
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peanuts	70	18 nuts	70	225	110	0	0	15	0.4	5	110
pears	100	1 med.	17	30	09	4	0	15	0.3	0	09
peas, dried, cooked	20	1/2 C.	520	142	162	0	0	17	2.8	12	173
peas, fresh, cooked	100	½ c.	1500	390	250	20	0	28	7	7	100
pecans	33	10 lg.	06	100	75	0	0	29	8.0	3	229
peppers, green	100	1 med.	700	25	25	125	0	12	0.4	-	25
peppers, pimiento	100	2 med.	200	:	:	200	0	9	0.4	-	23
persimmon, Japanese	150	1 lg.	1600	:	:	40	0	22	0.2	2	116
pickles, cucumber	30	4 sm.	0	0	0	0	0	3	0.4	0	26
pie, apple 1	100	1 lg. sl.	45	18	25	2	0	∞	0.2	E	274
pie, apricot 1	100	1 lg. sl.	3700	18	50	3	0	11	0.4	3	274
pineapple, canned	100	2 sl.	25	75	25	10	0	∞	0.1	0	65
pineapple, fresh	100	2/3 c.	30	100	25	38	0	∞	0.2	0	57
pineapple juice, canned	240	1 c. or 8 oz.	09	105	09	25	0	20	0.2	0	129
smnld	100	3 med.	130	120	56	5	0	20	0.5	-	80
potatoes, white, baked	100	1 med.	0	200	75	20	0	13	1.5	3	92
potatoes, white, raw	100	1 med.	0	220	75	33	0	13	1.5	3	06
potatoes, yam	100	1 med.	5000	180	360	9	0	44	1.1	2	150
pork chops	113	4 oz. or 2 chops	0	540	312	0	0	16	2.5	41	340
pork chops, lean, cooked	113	4 oz.	0	800	225	0	0	18	5.7	23	240

^{1 1/3} c. fruit in a slice

					VITAMINS						-
FOOD	WEIGHT, GRAMS	MEASURE	A UNITS	THIAMINE	RIBOFLAVIN GAMMAS	ASCORBIC ACID MILLI- GRAMS	D UNITS	CALCIUM MILLI- GRAMS	IRON MILLI- GRAMS	PROTEIN	CALORIES
pork sausage	113	6 links	0	445	300	0	0	7	1.6	10	402
prunes, dried	50	6 med.	1500	75	325	4	0	27	1.5	2	173
pumpkin	100	½ c.	2500	56	57	∞	0	23	0.9	-	27
rabbit	113	4 oz.	0	33	72	0	0	20	9.0	20	192
radishes	100	15 lg.	0	30	54	25	0	21 2	0.9	1	22
raisins, seeded	30	1/4 c.	30	24	50	0	0	20	6.0	1	105
raspberries, fresh	100	1/2 c.	260	21	:	30	0	41	0.8	1	45
red-palm oil 1	15	1 T.	50,000	0	0	0	0	0	0	0	100
rhubarb	100	1/2 c.	650	24	24	12	0	48	0.5	-	20
rice, brown, cooked	30	3% c.	20	190	75	0	0	22	1.6	4	1117
rice, polished, cooked	30	3/4 c.	0	0 ·	0	0	0	3	0.2	2	117
rice, puffed	10	1/2 c.	0	.	0	0	0	1	0.1	1	35
rutabagas	100	3/4 c.	25	75	120	26	0	74	0.7	-	36
salsify (oysterplant)	100	2 roots	0	:	:	7	0	09	1.2	3	78
sardines, canned	50	4	200	06	370	0	*	170	1	13	103
sauerkraut	100	3% c.	20	∞	:	5	0	45	0.3	2	28
salmon, canned	113	4 oz.	250	160	100	0	440	26	1.2	22	203

¹ Imported from India and Africa for making soaps and candles

scallops	113	4 oz.	:	:	:	3	:	115	3.0	16	81
shredded wheat	30	1 biscuit	0	450	130	0	0	15	1.5	3	108
shrimp	30	6 med.	25	06	65	2	5	32	6.0	∞	27
soybeans, dried, cooked	100	1/2 c.	10	525	300	0	0	104	4	20	108
soybeans, dried, uncooked	100	½ c.	25	1312	750	0	0	260	10.1	51	270
spaghetti, white, cooked	100	3/4 c.	0	5	0	0	0	25	0.2	3	127
spaghetti, whole wheat, cooked	100	3/4 c.	0	410	160	0	0	45	5.1	4	127
spinach, cooked	100	1/2 c.	11,000	06	312	30	0	78	2.5	2	25
squash, Hubbard, cooked	100	1/2 c.	4000	50	75	3	0	19	0.5	-	46
squash, summer, cooked	100	1/2 c.	1000	40	50	3	0	18	0.3	-	15
steak, beef	113	4 oz.	40	150	250	0	0	12	3.4	21	156
strawberries, fresh	100	½ c.	100	25	:	50	0	34	9.0	-	30
sugar, brown	12	1 T.	0	0	0	0	0	15	0.4	0	50
sugar, white, refined	12	1 T.	0	0	0	0	0	0	0	0	50
syrup, maple	25	1 T.	0	0	0	0	0	25	8.0	0	64
sweetbreads, beef	113	4 oz.	:	330	510	0	0	15	1.6	14	310
sweetpotatoes	100	1 med.	3600	155	150	25	0	19	6.0	3	130
tangerine	100	2 med.	300	120	54	48	0	42	0.2	-	42
tapioca, cooked	30	½ c.	0	0	40	0	0	7	0.5	1	118

					VITAMINS						
FOOD	WEIGHT, GRAMS	MEASURE	A UNITS	THIAMINE GAMMAS	RIBOFLAVIN GAMMAS	ASCORBIC ACID MILLI- GRAMS	D UNITS	CALCTUM MILLI- GRAMS	IRON MILLI- GRAMS	PROTEIN	CALORIES
tea, liquid	200	1 c.	0	0	0	0	0	0	0	0	0
tomatoes, canned	100	1/2 c.	1000	75	50	20	0	10	0.5	-	25
tomatoes, fresh	100	1 med.	1500	110	50	25	0	11	0.4		20
tomato juice, canned	240	8 oz.	3700	195	125	48	0	21	-	2	48
tongue, beef	113	4 oz.	:	285	264	0	0	∞	9	16	226
turnips, cooked	100	1/2 c.	0	62	62	22	0	56	0.5	_	33
turnips, raw	100	1 med.	0	65	62	30	0	56	9.0	-	33
turnip tops, cooked	100	½ c.	11,000	09	450	130	0	347	3.4	2	28
tuna, canned	30	1/4 c.	20	30	:	0	45	10	0.5	6	64
turkey	113	4 oz.	0	150	240	0	0	30	4.5	24	153
veal chops	113	4 oz. or 2 chops	0	722	298	0	0	12	2.8	19	209
veal, cutlets	113	4 oz.	0	160	360	0	0	15	3	20	184
veal, leg, cooked	113	4 oz.	0	120	400	0	0	16	8	23	180
walnuts, black	30	1/4 c.	40	110	:	0	0	:	2	0	222
walnuts, English	30	1/4 c.	30	130	:	0	0	22	0.5	0	197
watercress	25	3/4 c.	1250	30	06	15	0	40	0.8	0	9

		_					-			-		4
wheatena, cooked	20	1/2 c.	7	290	30	0	0	10	1.1	7	73	APP
wheat germ	100	½ c.	400	2600	750	0	0	7.1	7.5	24	220	ENI
white fish	113	4 oz.	:	120	:	0	:	25	0.4	22	150	DIX
yeast, bakers', fresh	15	1 cake	0	550	300	0	0	2		2	20	
yeast, brewers', dried 1	15	1 T. 30 tablets	0	2250	1000	0	0	11	6.0	7	22	

1 Varies widely

REFERENCES

Check your State Extension Service publications for excellent recipes and information concerning foods available in your area.

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